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STEVE GOETZ
IN CLEVELAND metroNEWS

THE POKÉCONOMY

HOW CALGARIANS ARE CASHING IN ON POKÉMON GO CRAZE

metronews

HELEN PIKE/METRO

Ukrainian dead in Nice, no word yet on Misha

FRANCE

Officials won't confirm fatality is of Alberta student abroad

The Ukrainian embassy in Ottawa says one of its citizens died in a deadly truck attack in France last week but won't confirm whether the victim is a missing student studying in Edmonton.

Mykhaylo (Misha) Bazelevskyy, 22, has permanent resident status in Canada, but was travelling on a Ukrainian passport. Bazelevskyy is a fourth-year bachelor of commerce student at MacEwan University who was in Nice for a summer program.

Spokesperson Kostiantyn Kostenko says the embassy is waiting for an official list of victims from French authorities.

"(When) the French authorities present an official list of victims,

we'll know if this person is recognized dead or not," he said.

There are still dozens of people who haven't regained consciousness from the attack, he added. The embassy will not confirm anything as long as there is the smallest chance that Bazelevskyy is alive, he said.

"We (are) just protecting the family," Kostenko said.

Bazelevskyy was one of five students and a faculty member participating in a summer program at the European Innovation Academy. University officials say they were heading to the Promenade des Anglais to enjoy the fireworks, but inclement weather convinced three of them to turn back.

Bazelevskyy and another student were on the promenade when a truck full of weapons plowed into the crowd celebrating Bastille Day last Thursday.

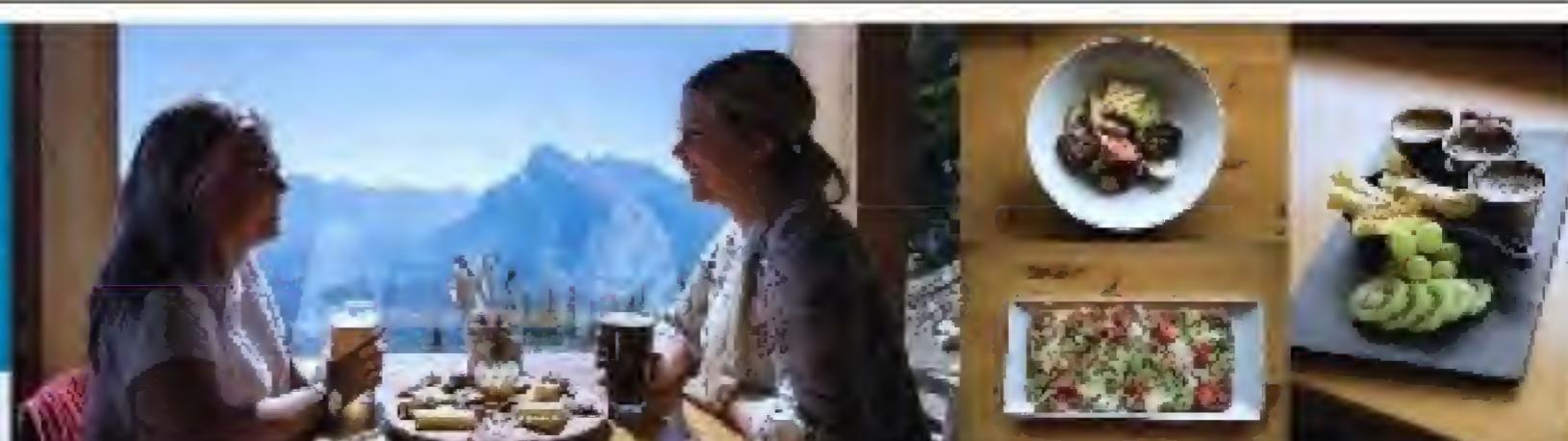
Bazelevskyy's parents are in Ukraine. He also has a brother, sister-in-law and extended family in Edmonton. THE CANADIAN PRESS

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The Power to Surprise



Your essential daily news

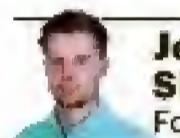
Walmart gives Visa the boot in Thunder Bay. **Business**



Stampede saw no severe animal injuries at rodeo

CHUCKWAGON

Rights groups say they hope the trend continues

 **Jeremy Simes**
For Metro | Calgary

Cowboys and chuckwagon drivers played a clean and safe game at this year's Calgary Stampede, and no animals were euthanized as a result of their injuries.

Kristina Barnes, spokeswoman for Western Events and Agriculture at the Stampede, said there were 281 penalty-minute fines of more than \$2,200, about a 40 per cent drop from 441 penalty-minute fines of more than \$18,000 last year.

Penalty-minute fines are given when drivers fail to follow the rules, like hitting a barrel, not doing a proper figure-eight or starting ahead of the Klaxon.

She said the stampede implemented new measures after last year's Rangeland Derby saw four chuckwagon horses euthanized.

The measures include wagon inspections, a rebuilt inner rail of the track to prevent erosion during storms, and changed

barrel placements to reduce the chance of collisions during the opening figure-eight turns.

"Most of the penalties I would say were wagons knocking over barrels," Barnes said. "Whether after one year we can say that was the reason for it (new safety measure), I don't

know, it's tough to say but it did reduce."

raced based on their speed, Barnes added.

"We want them to represent the sport well," she said. "I feel the drivers were really conscious of making safe decisions. We invited the safest drivers and it does show."

Prior to that, participants

 **Most of the penalties I would say were wagons knocking over barrels.**

Kristina Barnes

deaths during the rodeo, the Vancouver Humane Society is scrutinizing the Stampede's use of animals for entertainment, especially steer wrestling and calf roping.

Peter Fricker, spokesman for the Vancouver Humane, said he's hopeful the trend of having no animal deaths at the rodeo will continue.

"It's too to soon to say if the Stampede's new measures will have an effect," Fricker said, referencing past years when there also weren't animal deaths. "These animals (calfs) are put under a lot of stress and pain when their necks are being twisted until they fall down."

But Barnes said the Stampede understands people have different beliefs.

"We see the support we have here in Calgary and we see the support in the stands every night," she said. "As much as we can, we try to show how well these animals are cared for by their owners and by us on Stampede Park."

: ATTENDANCE

Crowds thin due to rain

The rain-plagued Calgary Stampede is reporting its lowest total attendance in 22 years.

Spokeswoman Jennifer Booth says persistent rains are being blamed for cumulative attendance that reached just 1,088,000 at the 10-day show, the lowest level since 1994 when 1,082,000 came through the turnstiles. The 2016 total is down about seven per cent from 2015 and off 13 per cent from the five-year average of 1.23 million.

Attendance was in line with previous years for the first few days of the show but fell off as rain repeatedly pelted the grounds last week, prompting officials to cut its \$18 general admission price to \$5 between 5 p.m. and 7 p.m. on Thursday and Friday. On Sunday, 65,000 guests took advantage of a special offer of free admission in the morning and half-price tickets were available for the evening rodeo and Grandstand Show.

Marketing manager Jenna MacMillan of Laramie's Western Wear and Tack says overall sales revenue was on par with previous years at its nine temporary stores on the Stampede grounds, but the product mix this year was quite different.

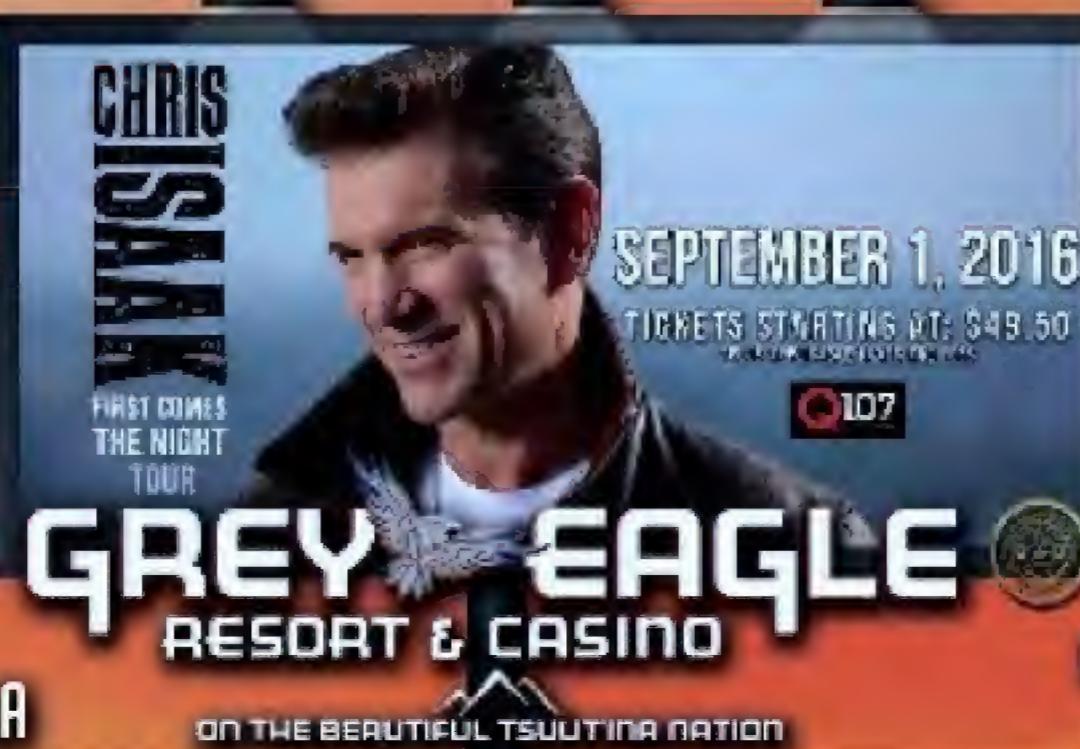
She says the company sold thousands of plastic rain ponchos, while guests trying to add layers to survive the chilly weather drove sales of sweaters and hoodies.

Alberta's economy is also taking some of the blame for lower numbers.

THE CANADIAN PRESS



Steven Peebles, from Redmond, Oregon, wins the bareback competition during rodeo finals action at the Calgary Stampede on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS



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City reaches out to Chinatown crowds

DEVELOPMENT

Officials seek help with vision for future with ARP on horizon

Brodie Thomas
Metro | Calgary

Taking a cue from Chinatown's street vendors, the City of Calgary scoped out a space on the sidewalk in the downtown community Monday for a pop-up public engagement.

The engagement was in anticipation of a possible Area Redevelopment Plan (ARP) which council has asked the city to consider.

Senior planner Dino Civitarese said the engagement is also in response to a proposed 30-storey skyscraper that some feel would go against the character of the community.



Calgary is using traditional and simplified Chinese characters as it reaches out to residents in Chinatown on their vision for the historic downtown community. BRODIE THOMAS/METRO

City council will address both the ARP and the skyscraper in December.

"The goal is to start to put together a vision for what the users of Chinatown value, what they don't value, what they

want to see Chinatown looking like in 20 years," said Civitarese.

On Monday, the city was collecting information on what part of the city people live in, how often they come to Chinatown,

town, and why. It was just one of several engagements of various types planned through the summer.

Civitarese said a surprising number of people taking part were actually from other parts of the city, although Chinatown does have a residential population of just under 2,000.

"(Residents) may have very different needs, and very different views on how they want to see Chinatown redeveloped — if they want to see it redeveloped — as opposed to those who come here from outside."

All information presented was written up in traditional Chinese characters and simplified Chinese, as well as English.

Brian Wong was just one of the many who stopped to talk with city staff. He said he'd like to see the area keep its historic buildings, and limit the height on buildings.

"Traditional means more Chinese character, smaller buildings," he said.

Lori Ann Heavenfire, 34, was charged with second-degree murder.

CALGARY POLICE SERVICE



CRIME

Woman charged over drug murder

Calgary police have charged a woman with second-degree murder in the death of Tyler Sanderson in northeast Calgary two months ago.

Officers were called to a disturbance in the 5500 block of Maddock Drive NE on May 15 around 9:15 p.m. and upon arrival found Sanderson, 24, had been severely beaten. He was taken to hospital where he later died.

Police said Sanderson's cause of death won't be released.

According to police, they believe Lori Ann Heavenfire, 34, met with Sanderson in an apparent drug deal that went awry, with an altercation between the two in Marlborough, near Memorial Drive and 52 Street NE.

Police said Sanderson made his way home after the incident and collapsed in the yard where he was found by family.

Heavenfire had been sought by police in June as a person who may have critical information in the case. Insp. Don Coleman said at the time that Heavenfire and Sanderson were "criminal associates."

Heavenfire has been charged with second-degree murder.

She will appear in court July 20. METRO

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North West

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Market Mall
North Hill Centre

South East

Chinook Centre
Deerfoot Meadows
Shepard Centre
Southcentre Mall
409 East Hills Blvd. SE
4410 50th Ave. SE
4825 Macleod Trail S
6089 Centre St. S
6100 Macleod Trail S
7825 Flint Rd. SE

South West

Bankers Hall
Bow Valley Square
The Core
Shawnessy Shopping Centre
Westbrook Mall
Westhills Town Centre
321 6th Ave. SW
2008 33rd Ave. SW

Airdrie

30 Market Blvd.

Cochrane

201 Grand Blvd. W

Okotoks

31 Southridge Dr.

118 Elizabeth St.

Rocky View County

CrossIron Mills

Strathmore

55 Wheatland Trail

Many are willing to catch Pokémons for right price

PHENOMENON

For wannabe trainers who are too busy, help is at hand

Helen Pike
Metro | Calgary

You've got to catch 'em all, but there's not much you can do from behind a desk at work.

If you've got dollars to spend, there are many Calgary entrepreneurs ready to take advantage of the Pokémons Go trend that's taken the city by Starmie.

The weekend after Canada's launch, many Calgarians with keen business sense took to sites like Kijiji to advertise services for those looking to become top trainers overnight.

The game, which brings Pokémons characters to life on Android and iPhone screens, is a modern take on the original Gameboy classic. In the game, players become "trainers" who prowl actual city streets for wild Pokémons to capture and teach. It's digital geocaching.

"I've been playing Pokémons since I was eight years old," said Kyla Clarkson. She's 28 years old, and for a bargain while you're at work she will keep your PoGo game strong.

She will take your Pokémons trainer out for an hourly rate and hit up as many Pokéstops as possible — these stops are valuable for their items like Pokémons balls that capture the creatures and other potions and perks.

"I would pretty much just plan a direct route to each of them and walk in a huge circle to hit the Pokéstops when they're ready," Clarkson said. She added



A lure attracts young Calgarians to the Municipal Building where they're busy catching Pokémons. HELEN PIKE / METRO

anything goes, and if a client wants her to travel somewhere for rare Pokémons, she'll hop in a car and do it. There are even condo listings, one in the Beltline, that boast a nearby Pokéstop — one that's even accessible from inside the unit.

The game is a hit with kids as well, and some Calgary parents have touted the benefits on social media with photos of their little ones excitedly hunting for the creatures — even during

this past weekend's inclement weather.

But some parents might not be into the idea of constantly taking their little trainers outside. "I know a lot of people that are getting dragged out of the house for their kids to play Pokémons," Eli Batten said. "I thought it would be a lot less stress for parents if their kids could just go out themselves and play Pokémons."

The 14-year-old couldn't find

a summer job, and has experience babysitting, so he came up with a business solution. Batten will ask for his regular \$10 per hour rate and take kids on Pokémons hunts; he's an experienced level 7.

There's one business idea that the City of Calgary has explicitly warned against: bandit cabs taxiing folks around town to play Pokémons GO. They're illegal and drivers engaging in this behaviour could face steep fines.

BE SENSIBLE

Although sympathetic to the "Gotta catch 'em all" mentality, Calgary police are reminding people to use "common sense" when playing Pokémons Go.

"Even I tried it today," said Const. Mark Smith. "It was a Weenle, I was on lunch walking around outside and it suddenly appeared out of nowhere."

Smith said it's important however, that Calgarians playing the popular game remember "common sense." He said over the weekend CPS responded to 10 Pokémons Go-related calls, one of which resulted in threat charges being laid.

Smith said players should remember to keep their heads up when walking around, remember not to use phones while driving and make sure they aren't entering anywhere illegally.

LUCIE EDWARDSON / METRO

The current ride ads range from simply paying drivers with food to a flat rate of \$20 per hour.

Ryan Popplestone, who has been playing since the game launched in the U.S. said players shouldn't be hopping into strange cars just to get ahead in the game.

"Some of the most fun I've had playing this game has been while driving around the city with a good group of friends. Usually we all agree to give the driver some gas money or pay for their portion of the tab," Popplestone said. "The big difference there is that it's more of a mobile hangout with friends rather than an unregulated tour with a stranger."

CRASH 'Sadness' over Cold Lake pilot

A pilot killed during an airshow in Alberta on Sunday is being remembered as someone who loved sharing his passion for Canada's aviation history.

Pilot and geologist Bruce Evans died when his vintage Trojan T-28 aircraft crashed in front of thousands of spectators at the Cold Lake Airshow.

The crash came as a shock to his friend Dave O'Malley who said he and others in the aviation community have been left with a feeling of "complete sadness."

"He was just a really positive, forward-thinking, always moving, lovely man and I think that's why it hits everybody so hard," O'Malley said.

O'Malley met Evans many years ago when they were flying with young cadets as part of a training program to teach youth about the role of Canada's air force in the Second World War. The program, run by the organization Vintage Wings of Canada, allowed young cadets to fly with professionals in restored aircrafts that were originally used as training planes during the war.

Evans' propeller-driven T-28 that he purchased in 2007 is one of these types of restored planes. "He was always taking people up for rides," O'Malley said. "He said to me, 'Why own a warbird if you can't share it with someone?'"

O'Malley is among those who had a chance to fly with Evans. The pair went on a "phenomenal" two-day cross-country trip from Calgary to Ottawa to take part in an airshow in 2012.

"He's a geologist, a self-proclaimed 'rock jock' as he calls himself, so every mine that we passed over from potash mines in Saskatchewan to the Hemlo (gold) mines in Ontario, he would circle over top of them and explain the geology to me," O'Malley said.

He leaves behind a wife and two daughters.

THE CANADIAN PRESS

HEALTH SERVICES

Midwife practice alive, but situation isn't perfect: Owners

Jeremy Simes
For Metro | Calgary

Though Calgary midwives Cassie Evans and Christy LeBlanc are grateful their practice received enough funding to remain open, the duo hopes the funding model changes so that all women who want a midwifery birth get one.

In March, Evans and LeBlanc's practice, Honeycomb Midwives, was slated to close

as there wasn't enough government-funded courses of care — or number of family caseloads — to keep the facility afloat.

That all changed when Alberta Health announced in April \$11 million in midwife funding over three years. Thereafter, Honeycomb saw a doubling in courses of care after Alberta Health Services re-worked its allocation.

Although Honeycomb can remain open, the practice had

It's not an optimal situation because we don't know what we're going to get next year.
Midwife Christy LeBlanc

to let go of one midwife and is sharing another midwife with other practices so that she can

still work, according to Evans.

"It's not an optimal situation because we don't know what we're going to get next year," LeBlanc said.

She said more than 400 women are on the wait list for a midwife in Calgary, underscoring the high demand for the practice.

Nicole Matheson, president of the Alberta Association of Midwives, said the organization has been meeting with key stakeholders, including

the government and AHS, to review how midwifery is funded in Alberta.

She said negotiations for next year's contracts will begin at the end of June. Evans said she hopes there isn't a cap on courses of care, similar to how the practice is funded in B.C.

"Our view of our maternity care is an opportunity and invest in these women and help them make their own decisions about their health care," she said.



Bruce Evans checks the oil in the engine of his plane. THE CANADIAN PRESS

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HEALTH**Province urging 270 patients get hepatitis tests**

Alberta health officials are notifying 270 patients to get tested for hepatitis B and C after being treated at a north Edmonton clinic.

The patients had invasive skin procedures done at the Northtown Medical Clinic from the fall of 2013 to November 2015.

The clinic does minor procedures such as mole removals and skin biopsies.

Dr. Trevor Therman of the College of Physicians and Surgeons said Monday that staff was not properly trained to clean and sterilize the tools.

"What they weren't doing was ensuring that the sterilizer was meeting the temperatures that were necessary in order to kill any potential pathogens," Therman told reporters at a news conference Monday.

THE CANADIAN PRESS

LOTTERY**Calgary man hits Lotto 6/49 jackpot**

Calgary's Libu George plans to finally take his wife to France after winning \$9 million from the Lotto 6/49 jackpot draw.

"I checked the numbers online and they matched," George said. "I called the lottery office and heard the 'Woohoo!' sound over the phone."

George matched all six drawn numbers: 7, 12, 22, 35, 39, and 43, winning

\$9,383,662.50.

"We want to help our family and the less fortunate where we can," he said. "I'd also like to take my wife to France. We have talked about it for some time, so now is the time to go."

George purchased the winning ticket at the Manila Convenience Store located at 114-10325 Bonaventure Drive SE. METRO

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TUES. SEPTEMBER 6

CROWFOOT CO-OP

WEDS. AUGUST 3
WEDS. SEPTEMBER 7

MIDTOWN CO-OP

WEDS. AUGUST 24

OAKRIDGE CO-OP

WEDS. JULY 20
WEDS. AUGUST 17
WEDS. SEPTEMBER 14

MACLEOD CO-OP

WEDS. JULY 27

WEST SPRINGS CO-OP

THURS. AUGUST 4, 25
THURS. SEPTEMBER 15

HAMPTON CO-OP

WEDS. AUGUST 31

BEDDINGTON CO-OP

THURS. JULY 21
THURS. AUGUST 11
THURS. SEPTEMBER 1

RICHMOND CO-OP

THURS. JULY 28
THURS. AUGUST 18
THURS. SEPTEMBER 8

ROCKY RIDGE CO-OP

WEDS. AUGUST 10

Jessica O'Connell, left, will be competing in the 5000 m race for Canada at the Rio Olympics. CONTRIBUTED/CLAUS ANDERSON

Runner's dream is now reality

ATHLETICS

Jessica O'Connell heading for Rio Olympics

Lucie Edwardson
Metro | Calgary

Just the other day, Jessica O'Connell's mother found a drawing she'd done as a young child of herself competing in the Olympics, and although a lot has changed for the now 27-year-old, her Olympic dream remains.

"I've always been enamoured by the Olympics," she said. "But I didn't start running until Grade 11 so I've run for about 10 years now."

O'Connell is part of the largest ever track team to represent Canada at the Olympics. She will be competing in the 5000 m event.

The Calgary born and raised runner said it wasn't until 2014, when she began reaching speeds she'd never achieved

before, that she realized how close she was to her Olympic dream.

"I was running faster than ever before and I thought, 'holy smokes, this could be a reality and not just a pipe dream,'" she said.

Leading up to the games O'Connell is running twice a day and 120 kilometres a week, but said she's focused on recovery to avoid injury before competition.

Although much controversy surrounds this year's Games with the Zika virus, O'Connell said she isn't bothered one bit.

"I'm really not too concerned," she said. "We had some Athletics Canada events over in Rio a couple of weeks ago and they didn't see any mosquitos — it is winter there right now so it's probably the best season to go in terms of mosquitos biting."

O'Connell said withdrawing from the games has never crossed her mind. "We've worked too hard for this," she said. "I would never turn down an opportunity like the Olympics because nothing is ever guaranteed and you don't know if you'll ever get to go again."

I was running faster than ever before and I thought, holy smokes, this could be a reality.

Jessica O'Connell

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Feds take on gender violence

WOMEN'S RIGHTS

Advocate knows how online threats can seep into real life

It's one of the central ironies of Julie Lalonde's life — an advocate for women's rights working to end gender-based violence and harassment, her work has caused her to experience much of the hate she's fighting to eradicate.

"Imagine every day you get up, and there's someone who just yells obscenities at you. You get in your car and you go to work, and while you're doing that they're yelling obscenities at you ... you sit in your cubicle and they're yelling at you and the same thing happens when you walk home," Lalonde said.

But instead of being delivered in person, the obscenities and harassment she gets are mostly sent online — emails, tweets and messages telling her to kill herself, and posting her address for others to find her. Sometimes, the threats turn real as online harassers show up at her events to threaten her to her face.



Julie Lalonde's advocating against gender-based harassment has led to her experiencing it online.
TORSTAR NEWS SERVICE

Lalonde is the developer and manager of Draw the Line, a campaign focused on helping bystanders intervene when they see sexual violence. She's also known through her personal women's rights advocacy on social media.

Now, she's hoping that an announcement by Status of Women

Minister Patty Hajdu that the federal government is developing a strategy to curb gender-based violence means she and women like her will see an end to harassment.

The federal government is aiming to prevent this kind of harassment happening in the future. At an event Monday, Hajdu

said the government was launching consultations to develop a strategy against gender-based violence. The strategy will focus on youth and online gender-based violence.

"Although we've made progress ... all of us here today know all too well that we still have a long way to go, particu-

larly when it comes to gender equality," Hajdu said.

Hajdu also announced that funding would be restored to advocacy projects applying under the Women's Program at Status of Women Canada. Advocacy projects saw their eligibility revoked in 2007, a move that saw many women's groups shut down over lack of funding.

The consultations will continue over the summer, and see results in the form of campaigns or legislation starting late 2016 or early 2017, Hajdu said.

Lalonde hopes one of the things that comes out of the consultations is a public campaign teaching the public about the prevalence and danger of online harassment. Beyond that, she wants to see more tools to enable bystander intervention — where people support others who are being harassed.

It's the kind of thing that would take away the onus of dealing with harassment from the victims of harassment to the general public. It's something Lalonde also wishes she had.

"Why does it have to be me? Why can't I have someone supporting me," she said.
TORSTAR NEWS SERVICE

What's Pokéing around

Pokémon Go has been in Canada officially for one day, and already it's spurring people and businesses to creativity. Here's some updates on what people across the country are doing with the augmented-reality game.

metro WINNIPEG

Crafty Peggers are offering their Pokémon Go services to those who just don't have time to bring their Pokémon Go levels up. One Winnipegger is selling his Pokémon Go Level 21 account online for a slick \$600. A few others are offering to drive Pokémon Masters around the city in an effort to catch 'em all.

metro VANCOUVER

Some Vancouver businesses are catching more customers by paying extra to lure the virtual reality creatures into their shops, and some Pokémon Go players are taking the bait. Meanwhile, the organizer of an upcoming youth coding event is promising to spend \$1,000 on lures to attract people to the TUCY Game Jam in North Vancouver. METRO



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An evidence photo from April 18 in Winnipeg, presented by the prosecution in the trial of Andrea Giesbrecht on Monday. THE CANADIAN PRESS HANDOUT

Giesbrecht didn't look pregnant: Son

WINNIPEG

Woman on trial over discovery of remains of six infants

A woman accused of hiding the remains of six infants in a storage locker never appeared to be pregnant, her adult son testified Monday.

Defence lawyer Greg Brodsky asked the son questions about other women who had been in the home where the Giesbrechts lived for more than a decade. "There have been women, girls in the house?" Brodsky asked.

remains matched that of Giesbrecht's husband and a soiled sanitary napkin seized from a bathroom in the Giesbrecht home.

"Yes," the son replied.

"You've had parties? Like Thanksgiving dinner?" Brodsky followed up.

"Yes," the son replied again.

There were two bathrooms in the home, and guests frequently used the master bedroom ensuite because the main floor washroom had plumbing problems, the son testified.

Giesbrecht, 42, was arrested in October 2014 after the remains were found in plastic pails, bins and other containers in a U-Haul locker she had rented. The judge-only trial has already heard it is unclear how long the remains had been there, but some were very decomposed.

Medical experts have testified that the infants were at or near full term and were likely to have been born alive.

The Crown has also put forward evidence from an RCMP forensic biologist, who testified that DNA from the

DEFENCE PROCUREMENT

Tories question fighter jet deployment

Eight Canadian fighter jets have been deployed on a massive training exercise in the Pacific, despite Liberal government warnings the country does not have enough such aircraft to defend North America and fulfil its obligations to NATO.

The government says the month-long exercise is critical for training Canadian fighter pilots to work alongside allies — and the planes will return

to Canada immediately if they are needed.

But the Conservatives say their involvement proves Liberal claims of a fighter jet shortage aren't true.

The eight CF-18s arrived in Hawaii at the beginning of July as part of Canada's contribution to the Rim of the Pacific Exercise, or RIMPAC, which has been billed as one of the largest military exercises in the world. Canada is

among 27 countries participating in the U.S.-led exercise, which takes place every two years.

Conservative defence critic James Bezan said the CF-18s' involvement at RIMPAC is evidence the Liberals have made up talk the military is dealing with a shortage of fighter jets to purchase a new plane without a competition.

"It proves the fact Canada can do not just our NORAD

and NATO missions, but we can do these exercises as well," he said. "Anything (Defence Minister Harjit Sajjan) is saying now about a capability gap is a complete fabrication."

The question of whether the military is really dealing with a shortage of fighter jets has become central to the debate that has raged for years over which aircraft Canada should buy to replace its aging CF-18s. THE CANADIAN PRESS

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Tensions rage in Cleveland



STEVEN GOETZ
METRO'S
REPORTER IN
CLEVELAND

CAMRY KINCAID

Cleveland native Camry Kincaid was one of the demonstrators confronted by "Brother Jim's" megaphone.

Along with a dozen others, Kincaid led a chant of "Black Lives Matter," effectively drowning out the evangelist's words.

"It felt good yelling so loud no one could hear their hate," Kincaid told Metro. "What people heard was that we matter."

Kincaid said the recent killings of unarmed black men and the murder of police officers in Baton Rouge and Dallas was a wake-up call to the deep divide in the city and country.

"I fear for my life right now, even amongst all these people and the cops here," Kincaid said. "I feel like at any minute, I could find myself with two bullets in my back."



Cleveland native Camry Kincaid, 19, joined a dozen others to chant "Black Lives Matter" at a group of evangelists led by "Brother Jim." STEVEN GOETZ/FOR METRO

self with two bullets in my back."

With so much tension, Kincaid said she didn't know

how the country could come together: "They are trying to incite a race war and it looks like we are headed there."

'BROTHER JIM' GILLES

Jim Gilles, an evangelist preacher from Evansville, Indiana, told Metro he came to Cleveland to "preach the Gospel to protestors."

Well known in evangelical circles for his confrontational tactics, "Brother Jim" took to a megaphone to preach his anti-gay and pro-law enforcement message to hundreds of anti-Trump protestors gathered in a park, just a few blocks from the convention centre.

Standing alongside a half dozen other men carrying banners depicting anti-gay messages, Gilles riled the crowd with homophobic slurs and told them to "follow police instructions" or face the consequences.

"We are a bunch of friends and we get together to preach at events," Gilles said. "We actually helped the police right



"Brother Jim" Gilles confronts anti-Trump protestors in Cleveland with his anti-gay message. STEVEN GOETZ/FOR METRO

there to break up a Black Lives Matter rally."

Gilles was optimistic his efforts and a new Republican president would unite the country.

"The divide ends with Donald Trump being elected and getting law and order back in this country," he said. "We just need to let these people know they can't riot, pillage, steal things, kill people without paying the consequence."

BATON ROUGE

'The world is crazy right now. It is com-

Fresh out of the police academy, Matthew Gerald was so proud to bring his cruiser home that he stood in the driveway, wiping it down under the hot Louisiana sun. His neighbour Ashley Poe watched as he flicked the blue lights on and off, on and off.

Poe and her husband shared a laugh. The 41-year-old former soldier and Marine looked like an excited kid.

"It's like living out the dream," she said.

Gerald got to live it only for a few months. He was one of three officers gunned down in

an ambush Sunday in Baton Rouge, traumatizing a nation already on edge.

In the span of 10 turbulent days, 10 law enforcement officers have been killed by attackers — at a protest march in Dallas, a courthouse in Michigan and now a convenience store in Baton Rouge. Together, the shootings represent the deadliest attack on law enforcement in decades.

The officers who died Sunday all lived just outside Denham Springs, a quiet bedroom community across the Amite

River from Baton Rouge, which has been in turmoil for two weeks. Tensions rose sharply after the death of Alton Sterling, a black man killed by white Baton Rouge officers after a scuffle at a convenience store. The killing was captured on cellphone video.

As the nation debates race and policing, this community is mourning three of its sons — all husbands and fathers described by friends as being committed to serving the public.

"These are our families. These are good men. They're

the only line of defence between good and evil," Livingston Parish president Layton Ricks said. "We say we don't want to let this evil affect how we live our daily lives. But it does."

Gavin Long, a former Marine from Missouri dressed in black and carrying extra ammunition, opened fire on officers around 8:45 a.m. Sunday, police said.

The gunfire also killed 45-year-old Brad Garafola, an East Baton Rouge Parish sheriff's deputy and a father of four, and 32-year-old Montrell Jack-

son, a 10-year veteran of the Baton Rouge Police Department with a newborn baby at home.

Garafola and Gerald were white. Jackson was black, as was the gunman.

"The world is crazy right now. It is complete chaos," Jackson's sister-in-law said. "And it all needs to stop, everything. We all need peace."

Three other officers were wounded. One of them, Deputy Nicholas Tullier, remained in critical condition Monday. The gunman was killed at the scene. THE ASSOCIATED PRESS

THE OFFICERS

Matthew Gerald was a Marine from 1994 to 1998. He later joined the Army and served as a decorated soldier from 2002 to 2009.

Montrell Jackson's father-in-law, Lonnie Jordan, called him a "gentle giant."

Brad Garafola was described by friend Sgt. Gerald Parker as a "jack of all trades" who enjoyed helping his neighbours.

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A youth salutes during a rally in Istanbul, protesting against the attempted coup on Tuesday. EMRAH GUREL/THE ASSOCIATED PRESS

Purge in Turkey continues

AFTERMATH

Tensions with the West boil after failure of military coup

The purging of thousands of alleged plotters of a failed coup raised tensions Monday between Turkey and the West, with U.S. and European officials urging restraint, while Ankara insisted that Washington extradite an exile accused of orchestrating the plot.

Authorities have fired nearly 9,000 police officers, bureaucrats and others, while detaining thousands more alleged to have been involved in Friday night's attempted coup, the state-run Anadolu news agency reported.

Former air force commander Akin Ozturk, alleged to be the ringleader of the uprising, was put under arrest following questioning by a magistrate along with 25 other sus-

pects, the news agency said. Ozturk, who has denied involvement and insisted he had tried to suppress the rebellion, appeared in video from Turkish TV looking bruised with a bandage over his ear.

President Recep Tayyip Erdogan refused to rule out bringing back the death penalty, telling CNN: "There is a clear crime of treason."

"If they accept to discuss it then I as president will approve any decision that comes out of the parliament," he said. He said Turks have been calling for the reinstatement of the death penalty because of the increased terror attacks and demand for swift justice.

Anadolu said 8,777 employees attached to the Interior Ministry were dismissed, including 30 governors, 52 civil service inspectors and 16 legal advisers. Other media reports said police, military police and members of the coast guard also were removed from duty.

THE ASSOCIATED PRESS

NICE, FRANCE

Complex picture of attacker emerges

Authorities investigating the truck driver who killed 84 people in a Bastille Day attack painted a complex picture Monday of a man who did not seem devout but had recently become interested in radical jihadism.

Paris prosecutor Francois Molins, who oversees terrorism investigations, said by all accounts Mohamed Lahouaiej Bouhlel drank, ate pork and had an "unbridled sex life."

But his computer and phone showed searches relating to Daesh and other jihadi groups.

"A search of his computer illustrates a clear ... and recent interest in radical jihadism," Molins said, adding that Bouhlel had recently grown a beard and told people it was for religious reasons. While officials have said the attack was obviously premeditated, they have not found any evidence that Bouhlel had co-ordinated with an extremist network.

Internet searches on Bouhlel's computer included Islamic propaganda chants, the terms "horrible deadly accidents," and the recent attacks against the gay nightclub in Orlando, police officers in Dallas, and the killing of two police officials in Magnanville, outside of Paris.

One witness told authorities that Bouhlel seemed accustomed to looking at decapitation videos. Molins said.

THE ASSOCIATED PRESS



Mohamed Lahouaiej Bouhlel
THE ASSOCIATED PRESS

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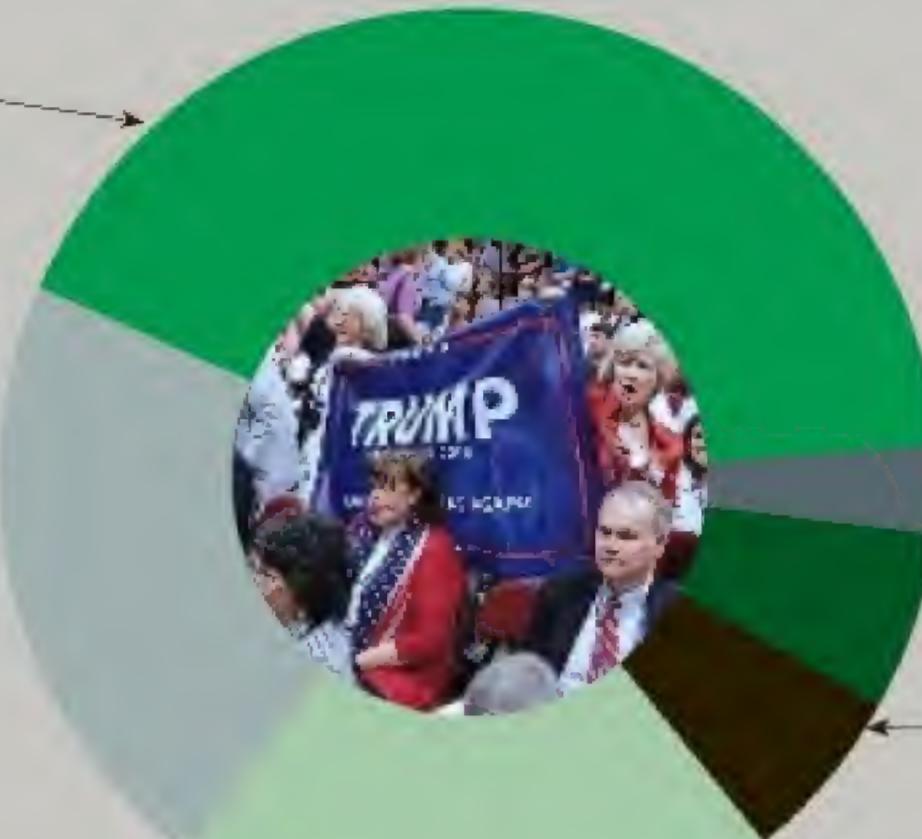
What's the best case in Cleveland?

Republicans have gathered for the party's convention, where Donald Trump will (or at least should) get formally nominated for president and the party's platform will be unveiled. In the current climate, many are fearing the worst. But asked you to tell us what would the best-case scenario looks like?

42%
Trump surprises everyone by pulling out of the race

21%
The week passes without serious violence

21%
Trump's nomination gets contested



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4%
The whole thing gets cancelled

6%
The word "Benghazi" miraculously goes unsaid
6%
Ted Cruz admits he is in fact the Zodiac killer

ROSEMARY WESTWOOD

A brief message from the Vancouver of the not-too-distant future

Welcome to Vancouver!

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The fact that you've opted for a super-slim micro-development — utilizing that once-dead five-foot space in between houses — proves you're a perfect fit for this city of the future. A land of milk, honey, and a homogenous demographic. Quite literally a billionaire's heaven on earth.

The secret to sublime living here really isn't a secret: This city clicks because our citizens do! Everyone is cut from the same cloth — 1,400-thread-count sateen. The celestial vistas this city offers are priceless, because you can afford them! Like Whistler, but bigger. (We knew that would happen.)

It's an incredible story, but it didn't come easy. For years, Vancouver had the frenzied, messy, kaleidoscope populations so many cities suffer from. Then (by design or ignorance, we're actually not sure which) an unencumbered, globalized and predatory real estate market did what no politician could: It unified the city by throwing out the poor! And the middle-class! And the mildly wealthy! Sorry: Relocated. Someone has to serve your coffee and fill your 3rd floor office space, we agree. You just don't have to live alongside them.

Visit the downtown east-side for a hit of urban realism without any of the actual real

drug use, metal bands and street life that used to be there! No more grit, but a TON of exposed brick.

Ride the city's mountains on hover-craft skis and snowboards while your VR glasses imitate real snow!

Take a jog along the seawall and don't worry about running into kids or cumbersome strollers — most of the city's families moved out years ago (back in 2016 when 60 per cent of families threatened to leave the city, turns out they meant it!).

We think it's a safe bet to assume you're new here (most born here can't stay, nevermind the Musqueam, Squamish and Tsleil-Waututh First Nations who actually owned this land).

So here's one last tip: Avoid travel during rush hour, if you can. The public transit system is packed to the gills — no, no, we know you'd never use it! But everyone who used to live here now commutes from service-sector housing an hour away. The trains and buses often break down, but it's not your problem when you're not on them! So just drive one of your four cars outside the hours of 7 to 10 a.m. and 4 to 7 p.m., and you'll find Vancouver is the epitome of luxury living.

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Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

In the face of tragedy, silence can be powerful

KLASZUS' CALGARY

Jeremy Klaszus

In the wake of tragic news, it's OK to say nothing in response and simply sit with the weight of what you've learned.

We need reminding of this at a time of constant online commenting. I know I do. The temptation is to always say something — anything — after a tragedy.

There is no shortage of those, locally and abroad. The attack in Nice, France, that killed more than 80 people. The now-routine police shootings of black Americans. The devastating death of five-year-old Taliyah Marsman, whose mother, Sara Baillie, was also found dead in her Calgary home last week.

There is a feeling of the world unravelling, of de-

spair and hopelessness.

In the aftermath, our social media feeds fill up with sentiments such as "heart-breaking" and "thoughts and prayers." But often such words feel hollow, even as we write them.

Depending on the tragedy, there can be a rush to analyze it, explain it, offer an opinion on it.

It seems we always need to do something with it, to make sense of it somehow.

We are less comfortable just quietly sitting with it.

Sometimes I go to say something online after a tragic news story breaks, and realize I have absolutely nothing to contribute. Only recently have I realized that this is OK and that I should pay attention to that knowledge.

There is a place for silent reflection, for feeling the news instead of commenting on it.

It's taken me a while to realize this, but being quiet doesn't mean you're not paying attention, or that you don't care.

Unfortunately, social media doesn't lend itself to quiet reflection. It constantly demands input: What do you think? Say something.

It's tempting to always do that. But we are not heads of state. The world is not waiting for our utterances on current events. That's a liberating realization.

Yes, I recognize the irony of a columnist — whose job it is to comment on current events — making this point. Like I said, it's a lesson I'm learning.

Even in this gig, one of the secrets to success is understanding that you don't have to comment on every piece of news. You can't.

And when news is coming at you 24/7 and it's so easy

to immediately respond with words, it's especially important to carve out space for silence.

My partner pointed this out to me recently, after I alerted her to news of a young girl who died after she was struck and killed by a car.

I found out on Twitter after 10 p.m., and again there was that temptation to immediately say something. To me it felt urgent.

My partner pointed out that what I was doing was unhealthy: One can't frantically react to bad news from sunup to sundown. It benefits no one.

She's right. We need to give ourselves permission to put down the smartphone, and be quiet.

Jeremy Klaszus is a freelance journalist and stay-at-home dad.

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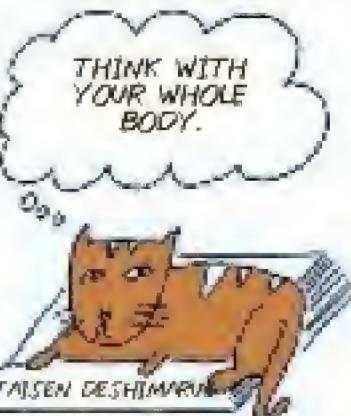
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Dating and trying to stay positive

RELATIONSHIPS

The risks of sex with HIV have changed, stigma hasn't

Genna Buck
Metro Canada

After eight years of living with HIV, Jason Cole is used to rejection and ghosting. But it still stings. It happened most recently when Cole was chatting with someone on the same-sex dating app Grindr.

"It was a great conversation. And it got as far as the point where we were talking about meeting up. And I actually brought it up with him: 'Hey, have you had a chance to take a look at my profile? He said 'no,'" said Cole, a writer from Brampton, Ont.

The profile is totally upfront. It says Cole is HIV-positive but undetectable. Thanks to antiretroviral treatment, the virus is under control and at very low levels in the blood.

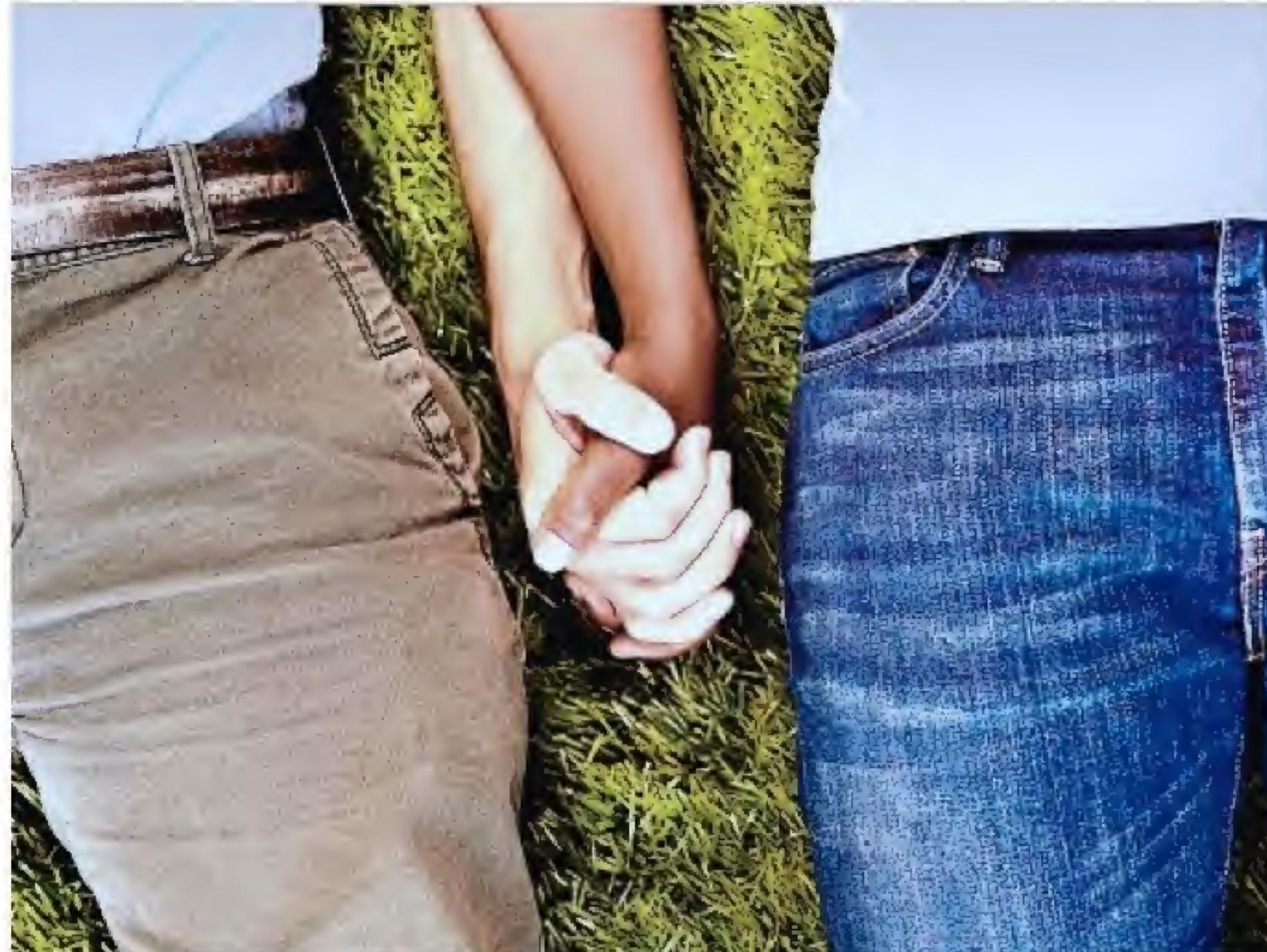
"I didn't hear from him after that. He blocked me."

It wasn't the first time something like this happened. Like many people living with HIV, Cole faces a lot of stigma from potential partners, plus "ignorant" remarks like "How did you get it?" and "At least you don't have AIDS."

"Very few have been from a place of nastiness. It's from a place of fear," Cole said.

Those fears — and the stigma that comes with them — are out of step with reality.

Thanks to powerful new drugs, there's a vanishingly small risk of passing HIV to another person through sex if the virus is undetectable in the blood.



People in treatment are living long and healthy lives with HIV and are unlikely to infect others. But fears of the virus persist. iSTOCK

If antiretroviral treatment is combined with condoms, the danger is close to zero.

You're far, far more likely to get it by having unprotected sex with someone who's in the highly contagious early stages of HIV infection, but doesn't know it yet.

This suggests that the tough HIV talk prior to sex shouldn't necessarily be "What's your HIV status?"

But "When was your last HIV test?" and, if the person is negative, "Are you taking

PrEP?"

Pre-exposure prophylaxis or PrEP, known under the brand-name drug Truvada, is a daily medication that dramatically reduces the risk of contracting HIV.

(In Canada, it's not approved for HIV prevention, but many doctors will still prescribe it to people at high risk).

Paralyzing fears of having sex with HIV-positive people — no matter how safe it is — persist.

We need to build a community that knows the truth about HIV.

Sarah Chown, executive director, YouthCO

Public health messages

about HIV prevention that try to scare people into safer sex contribute to the stigma, said Sarah Chown, executive director of YouthCO, which supports young people living with the virus in B.C.

And stigma, she said, is actually what's driving the

epidemic.

"It makes it harder to access information. It makes it harder to talk to doctors and parents. And it makes it harder to disclose your status."

"Rejection hurts and it's awful," Chown said. "And it really hurts because we know people with HIV go to great

HIV NUMBERS

■ 0

In a study of 888 European couples with one HIV-positive partner in appropriate treatment, this was the number of new infections among the HIV-negative partners.

■ 92%

The reduction in the risk of HIV infection among people taking pre-exposure prophylaxis (PrEP) medication as directed.

■ 75,500

The approximate number of people living with HIV in Canada.

lengths to avoid passing the virus to others."

Being open about your HIV status is not the only way to prevent infecting others, Chown explained.

Using condoms, having a partner on PrEP, being undetectable and choosing not to have penetrative sex also work.

At YouthCO, young people practice disclosing their status with other HIV-positive peers first.

Some kids strategize by gradually telling their friends and potential partners various facts about HIV in the weeks leading up to the disclosure conversation, Chown said.

But the HIV-positive teenagers she's working with today are not having a "substantially different" experience than eight years ago when she started, she said.

"We need to build a community that knows the truth about HIV, and that is supportive and welcoming to people living with HIV."

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ROBERTSON COLLEGE

E-cigarette use among youth worries experts

HEALTH TREND

Study raises alarm over high numbers of teens 'vaping'

Parents and doctors questioning teens about whether they smoke should also be asking if they're using e-cigarettes, which could be a gateway to nicotine addiction later on, says a pediatrician who led a new study.

Dr. Michael Khouri's research involved nearly 2,300 students in Grade 9 in the Niagara region of Ontario. Over 10 per cent of them had used electronic cigarettes, said Khouri, though a national report funded by the Public Health Agency of Canada and released earlier this year suggested the rate of Grade 9 students who have tried e-cigarettes is even higher.

"The most common reason that three-quarters of them used it was to be cool, or it was fun and something new," Khouri



E-cigarette use is now more common among adolescents than conventional cigarettes, creating concern among health officials as studies have concluded youth who 'vape' are much more likely to smoke in the future. ISTOCK

said about his research. "That's really concerning because they're clearly not using them for what they're marketed as, which is as smoking cessation devices."

Khouri conducted the study while he was a pediatric cardiology resident at the Hospital for Sick Children in Toronto. It

was published Monday in the Canadian Medical Association Journal.

E-cigarette use is now more common among adolescents than conventional cigarettes, but the practice that mimics the tactile experience of smoking could also renormalize it for

youth who've grown up learning about its effects on health, said Khouri, who is currently completing his residency at Stollery Children's Hospital in Edmonton.

He noted that at least two previous American studies have concluded that youth who use e-cigarettes or "vape" are much more likely to smoke in the future.

E-cigarettes contain a battery, a heating element and a cartridge with a liquid solution that may or may not contain nicotine and other flavours such as cotton candy, peanut butter and jam, and vanilla. Puffing on the e-cigarette heats the solution, creating a smoke-free vapour that is inhaled.

In Canada, e-cigarettes and "e-juice" containing nicotine have not been approved for sale. Nicotine-free vaping products that do not make health claims are legal.

Most provinces have created legislation around the sale and marketing of e-cigarettes though there are ongoing calls for the federal government to take regulatory leadership on the issue.

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Sex & drugs & terrific dialogue

THE SHOW: Sex&Drugs&Rock&Roll, Season 2, Episode 1 (FX)

THE MOMENT: Quoting Sammy Hagar



Denis Leary plays for laughs as Johnny Rock. CONTRIBUTED

Johnny Rock (Denis Leary), a former guitar god now playing bar gigs, just learned his girlfriend had a year-long affair with his best friend. His drummer Bam Bam (Robert Kelly) consoles him. Sort of.

"Do you know how many chicks out there would love to hook up with me?" Johnny asks.

"None, dude," Bam Bam replies. Johnny gives him a look.

"Yesterday is dead and gone," Bam Bam continues. "Tomorrow, there's no guarantees. Right now is all you got. Right now. It's everything."

A beat of silence. "Are you quoting Sammy Hagar to me?" Johnny asks.

"Am I?" Bam Bam says, shocked. "I am. Van Hagar. I love that guy."

"Bro, we're getting old," Johnny says. "Time's a b—, counting out numbers, both of us know

we ain't getting no younger."

"Springsteen," sighs Bam Bam.

"No!" Johnny yells. "Right now you might need an Alzheimer's test."

I don't care how hideous Leary's rock wig is here, he just makes me laugh. He creates shows (this, plus *Sirens* and *Rescue Me*) that are alive with naturalistic, overlapping dialogue.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



LEARNING CURVE

Join the club – it will spark friendships and fresh ideas

Life as a college or university student should never be all work and no play. Finding the right balance between downtime, hobbies and study can be tricky but intertwining clubs into your post secondary life can also be very enjoyable when you consider the variety of extracurricular activities available at campuses around the country. Joining a club may even result in you stumbling upon your true calling in life. Most colleges and universities offer a broad range of clubs. These groups may offer something light and enjoyable if you want to switch off and have fun but some also deal with important social and lifestyle issues.

"I sought out extracurricular groups and clubs because it was an interesting way to make new friends and even add value to my

degree," says Jason Garcia, vice president of student life at the student association of Edmonton's MacEwan University. "Another way students get interested is if the club or group is linked to their studies as we have many business groups on campus or if the club is tied in with helping others and volunteering."

If you choose to shun post secondary extracurricular clubs you could be depriving yourself of a better and more diverse résumé when life in the workplace rolls around. Additionally, you may not be fully connected with what's going on at your college or university. Not only that but becoming a member of groups also gives you a better idea of where your true passions and strengths lie. Most of all though you will miss out on the sense of community on



ISTOCK

campus that clubs and groups provide. "Social justice is another popular field for students and at MacEwan there is a sexual health club, a feminist group and an LGBTQ group," Garcia continues. "In joining a student group you are able to build on relationships with people who have similar interests who are striving

to make meaningful connections with people. Whether it's for the sake of volunteering or if they study the same thing you do or if you have the same goals. MacEwan has over 90 clubs and I tell new students that getting involved will add a whole new perspective to their time in university."



STOCK

Accounting for career options

The accounting and payroll program at ABM College covers the learning of the entire accounting cycle, along with the most commonly used software such as Simply Accounting and QuickBooks.

"We believe hands on experience is necessary along with in-depth knowledge of the industry to succeed in building a lifelong career," says Sharmin Surani, career counselor, ABM College.

The program has been designed for those who would like a career in the accounting and/or payroll field.

"The education and training allows students to fully prepare and adapt to the work environment of a large or small business," says Surani.

Students in the program will be equipped with knowledge of cost, financial and managerial accounting, maintaining payroll records and necessary software programs.

Some career options graduates can target include; accounting payable/receivable, accounting technician, payroll administrator or accounting coordinator.

ABM offers multiple intakes a year for this program, with the next start date being Sept. 6.

The accounting and payroll diploma program is 51 weeks long and classes run 8:30 a.m. to 12:30 p.m. Monday to Friday.

The program includes classroom instruction as well as hands-on lab instruction and assessment.

To be accepted into this program, applicants must be over the age of 18, have successfully completed the ABM College entrance exam with Grade 10 level, and successfully complete an interview with an admissions counselor.

For more information about this program, visit abmcollege.com.

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Get out there and experience biology first hand

The four-year bachelor of science – biology degree program prepares students for a changing and varied world, where they will become well-trained biologists, but also broad thinkers and problem solvers.

This is a general biology degree, which is embedded in a liberal arts context.

"This means that our students are educated broadly to be knowledgeable citizens as well as acquiring a depth of knowledge about biology our degree focuses on experiential learning and development of portable skills," says Dr. Mary Ann McLean, associate professor of biology, St. Mary's University.

This unique program has been designed for anyone wanting a general biology degree, a broad education to give context to biology, who enjoys being part of a community, or who wants to get to know their classmates and their instructors.

It will prepare students for a wide range of further activities, for example, professional schools (veterinary, medical, dental, pharmacy, etc.), graduate school, business, law, teaching, or conservation.

Part of what makes this program attractive to students is the experiential learning.

The program includes lab excursions to St. Mary's next door neighbour, Fish Creek Provincial Park.

"These are key in introductory biology and introductory ecology and enhance the experience in mycology (the study of fungi)," says McLean.

"For example, unless you go out and experience ecology in the winter, you don't have a real idea of how animals cope in the winter."

The upper level courses such as ecology, vertebrate zoology and invertebrate zoology also go to Kananaskis, the Tyrell Museum, Brown-Lowry Provincial Park and Ann and Sandy Cross Conservation Area.

St. Mary's also has two courses that have a travel component and are given in alternate years; the tropical ecology in Belize, and the marine biology, Barnfield on Vancouver Island.

"Although many students have watched many nature documentaries, there is no substitute for being there," says McLean.

All courses are in class with a real instructor, and classes and labs are limited to 20 students.

The next start date for this program is Sept. 7.

For more information about the bachelor of science – biology, visit stmu.ca.



ISTOCK

Understanding the psychology of human behaviour

The behavioural science program at Ambrose University is an undergraduate degree that combines psychology and sociology.

"Our faculty members are specialists in various parts of their disciplines," says Monetta Bailey, PhD (ABD), assistant professor of sociology, Behavioural Science Department, Ambrose University.

"One of the highlights of the program is our practicum placements. These provide hands-on experience that prepare students for employment in the field."

This program has been designed for students who are interested in working in the human services field.

"This can be a broad as anyone who will be interacting with people in their line of employment," says Bailey.

"But more specifically we focus on those who are interested in working with people in specific areas including perpetrators and victims of crime, immigration, children or adults with disabilities, poverty, at-risk youth, domestic violence or addictions, and other 'helping services'."

Students of this program are able to learn about individual and group behaviour.

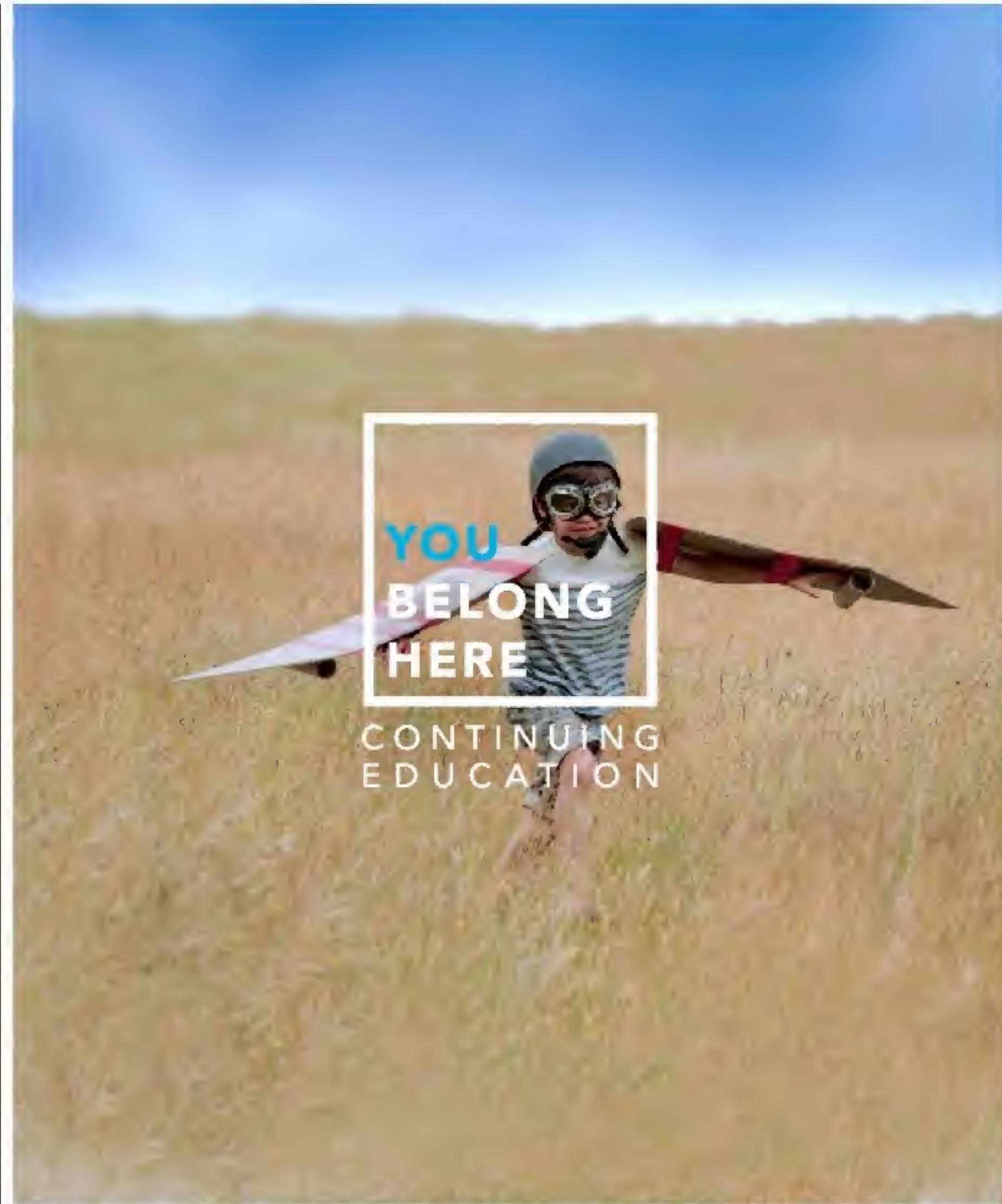
This provides students with the ability to develop an ethical approach and to interact with others with empathy as they engage with the world.

The BHS program is very interested in developing students who are first and foremost skilled in their fields.

The practicum program provides students with both on-the-job experience and professional contacts which have proven to prepare students to begin working in the field — with 80 per cent of students being offered employment from practicum.

This program also has the research opportunities for students who are interested in that part of their discipline.

For more information about this program, visit ambrose.edu.



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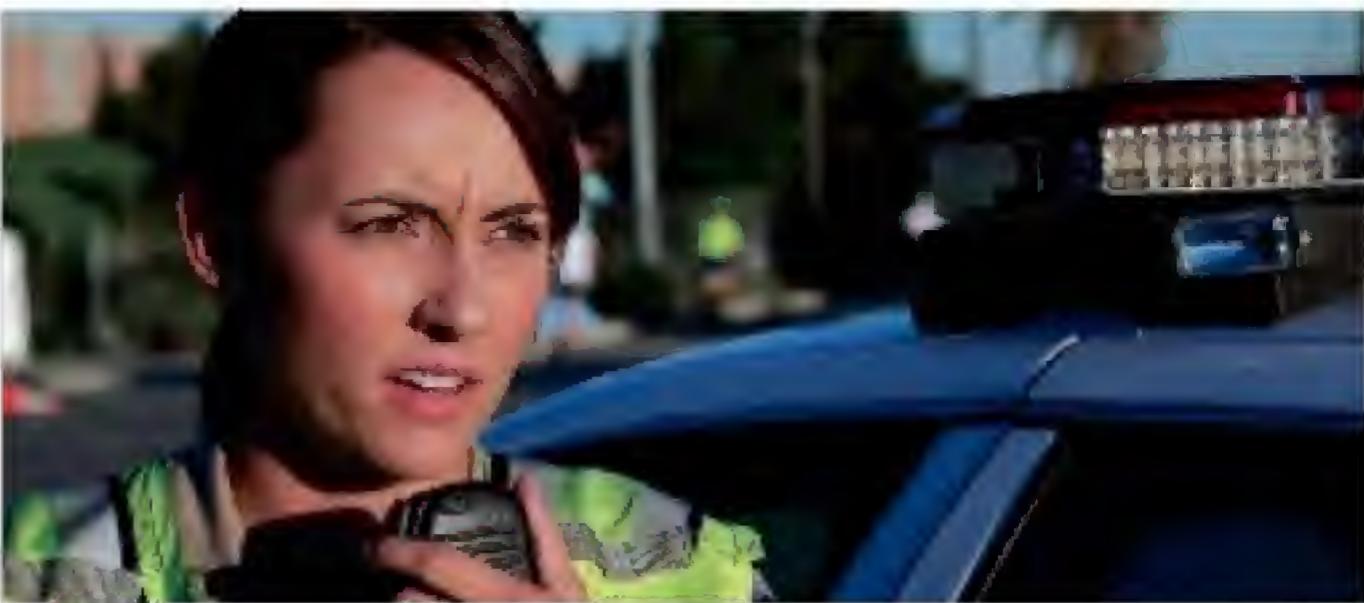


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Serve the community and justice

The School of Justice and Public Safety at Columbia College is the culmination of professional career options, current trends and issues in justice and the future of public safety as Columbia can imagine it in the future.

"Celebrating our 15th year at Columbia as a school, justice and public safety has evolved from a responsive and predictable theoretical base to now a more holistic and mindful approach to community health and wellness," says Lonnie Croal, director, justice and public safety, Columbia College, as well as retired police officer with Edmonton Police Service.

Columbia welcomes three cohorts per year to engage in an accelerated and broad dis-

plined education that is the basis for professional students.

The practicum and preparation to this phase is the key to success for the cohort members.

Recently, the justice and public safety professional diploma program added a partnered approach to community health and wellness.

"The justice and public safety program allows for a partnered commitment to serve a healthy and vibrant community," says Croal.

This two-year diploma program is accelerated to 12 months.

For more information about this program, visit columbia.ab.ca.



Upgrading health care skills to start a new career

Udayanthi Gunarathne arrived in Canada from Sri Lanka as a permanent resident with her family in March 2016.

Gunarathne is a mother of two children and was a nurse with eight years experience in a government hospital setting before arriving in Canada.

"Since coming here, I have searched for ways to upgrade my qualifications to match Canadian requirements," says Gunarathne.

"As advised by many, I was looking for programs in public colleges and universities. At the end of the search I realized that so-called

public colleges are more interested in money and actually undervalue my post-secondary qualification and experience below the level of the high school standard of Alberta."

She then searched online for other possibilities and this is when she found Academy of Learning Career College.

"I send an e-mail followed by a quick response and an appointment date," says Gunarathne.

"By contrast to public colleges, in Academy of Learning my qualifications were highly

recognized and my eligibility was assessed and I was enrolled before paying a cent."

After enrolling in the health care aide program, Gunarathne felt she was offered an opportunity to explore her talent and skills in this academic environment with a dedicated staff.

Gunarathne hopes to complete this program as an honour student and start a new career in the health care field, with the goal of becoming an LPN in future.

For more information about Academy of Learning, visit academyoflearning.ab.ca.

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CD college



Business skills can take you anywhere you want to go

The business administration management program at Robertson College has been developed to prepare students for careers in a variety of different businesses in the marketplace.

The program combines fundamental business and communication skills with specific skills that are highly sought by employers.

"Our business administration management graduates enter the workforce as competent employees who are prepared to assume first-line management roles," says Hermalyn Simon, business administration management instructor, Robertson College, Calgary Campus.

This program is an excellent choice for anyone seeking a future in the business sector.

Students of this program are exposed to a wide variety of business subjects including human resources management, entrepreneurship, marketing and economics.

In addition to the fundamental business skills, the program also teaches students applied business communication skills, which

is one of the most highly sought "soft skills" sought by employers.

Additional business skills in marketing (and e-Marketing), sales and sales management will provide students with a foundation upon which to build a successful career.

"At Robertson, we focus on training students for job readiness," says Simon.

"Therefore, our students graduate with high levels of competency in their field of study."

She says this makes Robertson College graduates extremely attractive to potential employers.

"In addition, our career services employees have cultivated long-standing partnerships with industry leaders," says Simon.

"This gives them leverage when assisting our graduates with their job search, and gives our graduates a competitive edge in the job search market."

Simon says the program is also designed as an alternate option for adult learners who did not flourish in traditional program delivery



ISTOCK

systems, or who are looking to obtain Canadian academic qualifications.

"We also serve as a viable alternative for students who delayed making a career choice during their high school years," says Simon.

The business administration diploma program is a one-year program and offers the

flexibility of continuous start dates.

The program also includes a practicum (work experience) component, which provides the student with valuable experiential learning.

For more information about this program, visit robertsoncollege.com.

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Learn every day as a medical office administrator

What career should you choose if your organizational and people skills are top-notch — and you have an interest in how the human body works?

If this special combination of traits describes you, consider becoming a medical office administrator — a growing field in Alberta.

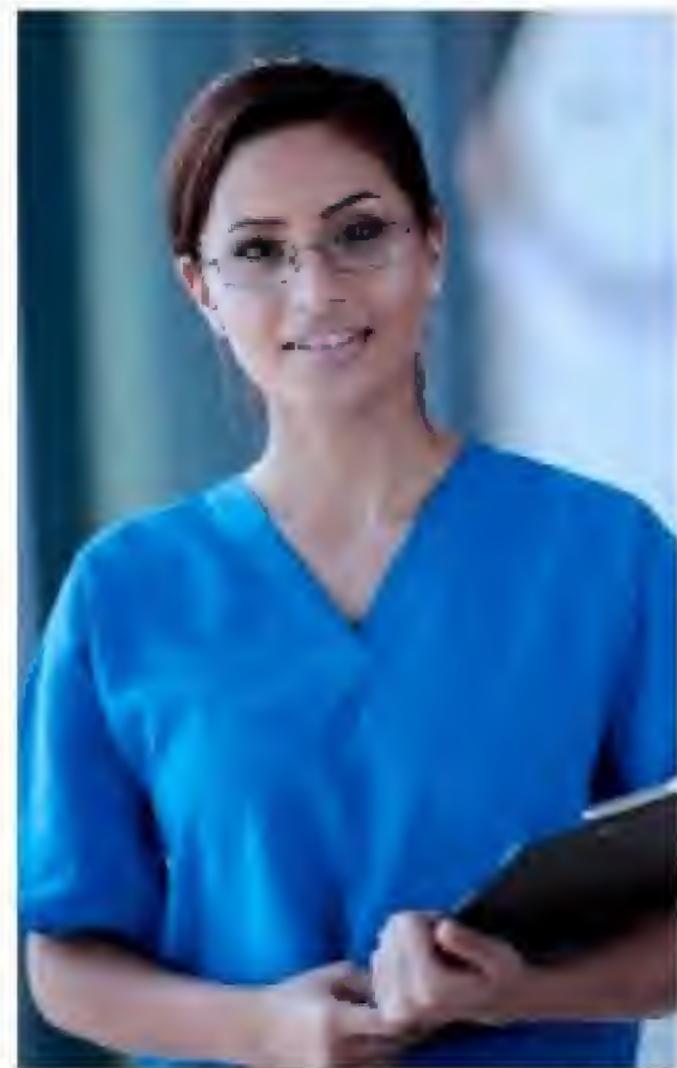
This job isn't just about filling papers. As a medical office administration professional you learn about many different aspects of medicine, including human anatomy, diseases, pharmacology and medical terminology.

In the other side of your job, you'll specialize in the details of running and organizing a medical office — helping your team provide expert, efficient and accurate medical care to patients.

You'll provide essential administrative services including medical transcription, medical record-keeping and billing. Proficiency in Microsoft Office Suite is required too — all skills you can brush up at a great educational program.

One medical office administrator's workplace might vary dramatically from the next. You might work in an emergency room, a general practitioner's office, or the office of a medical specialist.

Regardless of the location, the valued career is well-paid.



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A medical secretary in Alberta, according to the Government of Canada, can earn a median wage of \$26.98 per hour.*

To get started, learn more about the Medical Office Administration program at Reeves College. The program includes a medical practicum to help you launch into this rewarding career.

For more information, call 1-800-670-4512 or visit reevescollege.ca.

*jobbank.gc.ca

Get cutting-edge job market skills

If you're looking for a job, one of the best ways to land one is to upgrade your skills. In an office environment, some of the best skills to have are finance-related.

Accounting and payroll administration can be a particularly rewarding career for those who are organized, motivated and people-oriented.

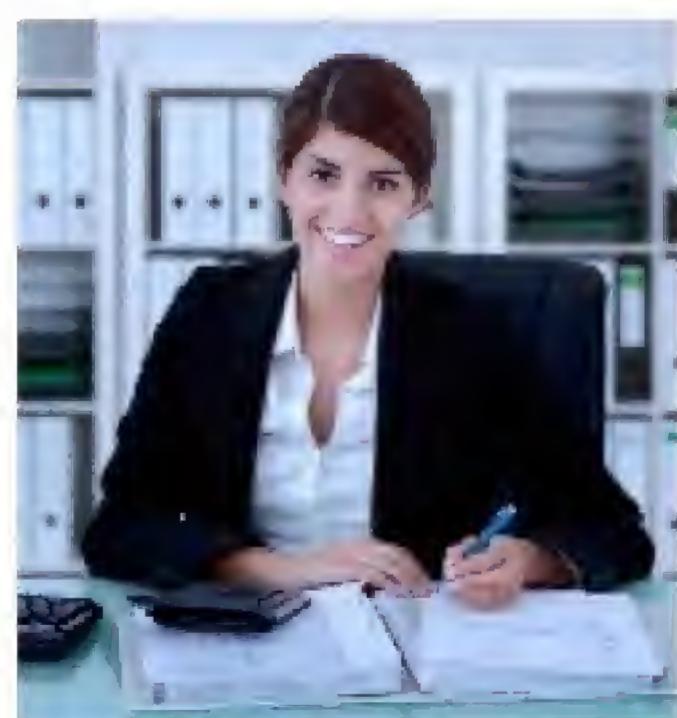
Software skills are a necessary and highly valued part of the procession — one that can be learned in a good education program.

In financial administration you'll need to have a solid grasp of software including Microsoft Outlook, Word, Excel, Access, and PowerPoint, as well as specialized accounting software like Sage 50.

A great accounting and payroll administration professional will also look beyond the numbers. Individuals who excel in this position take their work a step further, applying their knowledge to make recommendations to the organization.

How do the company's current financial statements reflect on its well-being and what actions can you take to mitigate risk and enhance success?

A great education is where to start if you're looking for a career in financial administration. The Accounting and Payroll Administration



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diploma program at CDI College provides current skills and knowledge to help you access a well-paying position in accounting and payroll administration.

According to the Government of Canada, an accounting clerk in Alberta can make a median wage of \$21.63 per hour.*

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

*jobbank.gc.ca



Zoom in on your passion and become a photo pro

Social media, Instagram, and Snapchat have made the digital photograph a part of everyday life.

While millions of photos are being made everyday, the demand for great images is increasing.

Through the photography program at Mount Royal University, individuals will get a well rounded and relatively complete photographic education to set their work apart from the pack.

"Our goal is to provide students with a solid foundation so they can take their photography as far as they want to," says Richard Akitt, instructor, photography program, MRU.

This program is mainly designed for enthusiasts or anyone who is interested in photography and wants to expand their understanding and skills.

Students for the photography program will learn the basics of camera operation

including manual exposure, creative control, composition, lenses, flash photography.

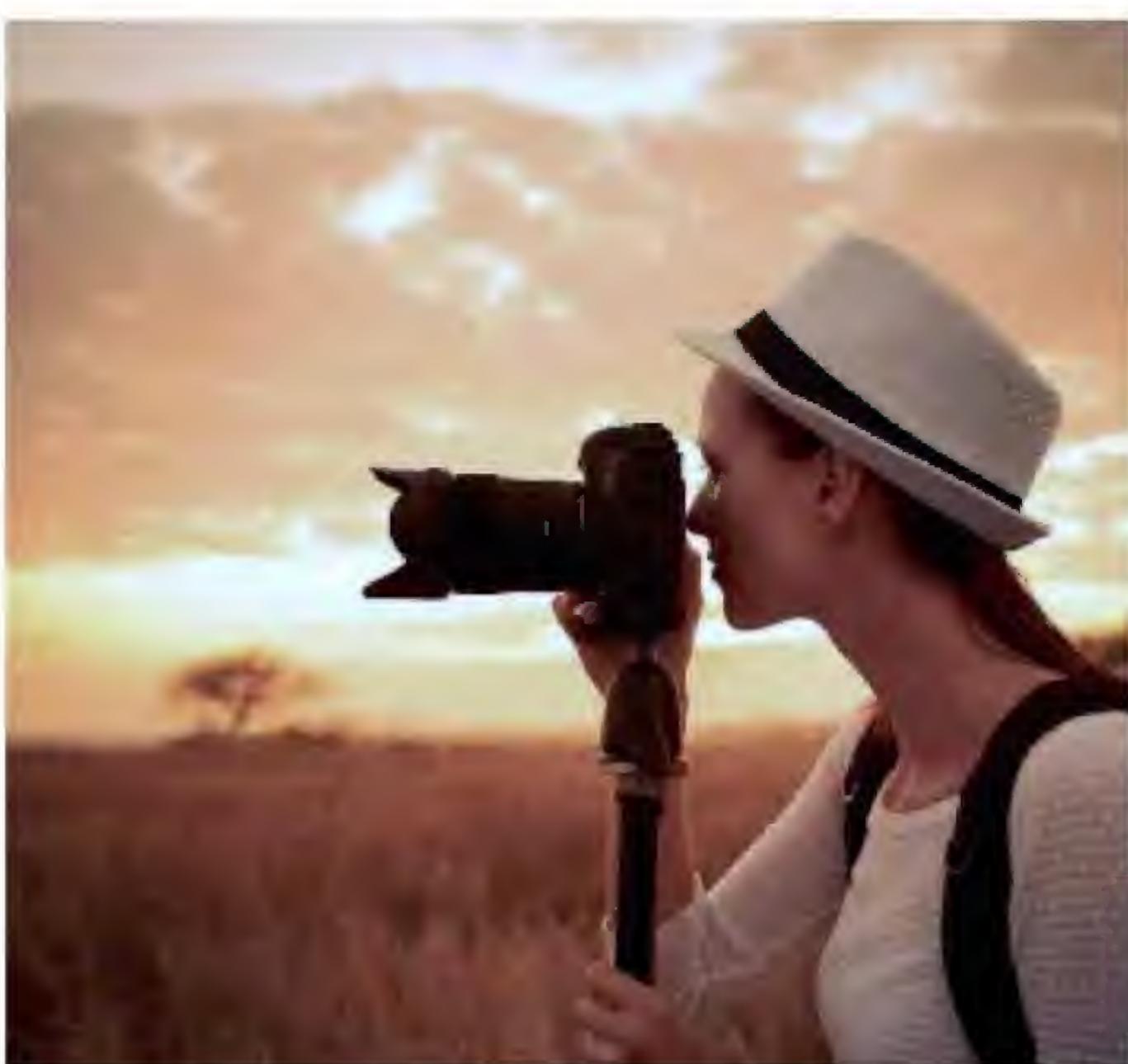
There are also courses for those interested in learning about digital darkroom techniques for managing and manipulating images, as well as the chance to explore (in a practical setting) the particular techniques used in studio portraiture, sports, black and white, macro, and landscape photography.

"We use a combination of lectures and practical field sessions to cover all the foundational concepts of photography," says Akitt.

Students complete assignments on their own time or during class to develop practical experience with the concepts that are being explored in class.

Students have two years to complete the full range of courses necessary for the certificate of completion.

For more information about the photography program at MRU, visit mru.ca/ photography.



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Develop your leadership identity to reach your career goals

The leadership development extension certificate program at Mount Royal University is a comprehensive systematic approach to developing yourself as a leader at the individual, interpersonal, team, and organizational/system levels.

The program includes self-assessments to grow your self-awareness; it includes the latest research based content, and highly practical tools, strategies and practices.

"Leadership is for everyone — successful organizations develop their leaders at all levels," says Lillas Hatala, instructor, leadership development extension certificate program, Continuing Education, MRU.

"I would say those who are new to leadership and those who are aspiring to leadership will find this program foundational and a great step beginning on their leadership development journey."

There are four courses — effective leadership; communication and interpersonal skills; leading and influencing others and leaders, culture and change — for a total of 60 hours of instruction.

"My advice to a new professional is to quickly get clear on your leader identity (your vision for the leader you are aspiring to be, your values and your leader purpose) and step up and out in your leader identity wherever you are," says Hatala.

"This contributes to your authenticity as a leader, your authentic leader voice and your authentic confidence."

This program will also benefit those looking to update or refresh their leadership skills.

This program is also offered in a flexible format — you have the option of taking the blended classroom and online program (next start date Sept. 19), or just the online program (next start date Oct. 3).

Individuals can take the four required courses in one semester up to a maximum of three years.

For more information about this program, visit conted.mtroyal.ca/leadership.

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Working on making his CPA aspirations a reality

Originally from Malaysia, Jonathan Alphonsus attended Trent University in Ontario and graduated with a degree in economics and development studies.

He got his career start in sales and worked at a tech startup in Toronto before being transferred to Calgary in 2013.

"After three years in the workforce, I felt that something was missing," he says.

"I wanted to utilize my talent for seeing the bigger picture

and thinking strategically."

Alphonsus says he always good with numbers, but his number one gift was being able to engage people from all backgrounds in different situations.

"The Chartered Professional Accountant designation does all this and more; it was not a hard decision to return to university," says Alphonsus.

The CPA bridging program offered through the University

of Lethbridge's Calgary Campus was the most effective way to work towards his designation.

"The Calgary Campus's evening and Saturday classes fit my schedule and the downtown location makes it easier to connect with the major accounting firms that are based nearby," he says.

The U of L's small classes and instructors who are involved in industry have also had a significant impact on his learning.

"The instructors have ample industry experience and connections," says Alphonsus.

"We can immediately see how what we are learning will translate to life outside the classroom."

Alphonsus's goal is to achieve the CPA designation and build a career in strategic accounting or finance.

Until then, he offers these words of advice to students about to begin their university journeys:

"Be intentional about what you are learning, no matter what it is, and never give up. Think bigger than just the materials you are learning now. Everything you pick up could add value to your life in ways you don't really know yet."

As a first year student of this program, Alphonsus says he happy with his decision to pursue this new career through training at the U of L.

"I am shining when I work towards making my aspirations a reality," says Alphonsus.

The deadline to apply to the University of Lethbridge Calgary Campus is August 1st.

For more information on programs or how to apply, visit ulethbridge.ca/future-student

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**BE INTENTIONAL ABOUT WHAT YOU ARE LEARNING, NO MATTER WHAT IT IS, AND NEVER GIVE UP ...
EVERYTHING YOU PICK UP COULD ADD VALUE TO YOUR LIFE IN WAYS YOU DON'T REALLY KNOW YET.**

— CPA student Jonathan Alphonsus



Finding unexpected support on her way to a new career

Those individuals who have organizational skills, are interested in the health care field, or are good with people, are great candidates for the ABES (Alberta Business and Educational Services) medical office assistant/unit clerk course.

With their comprehensive theoretical and practical training, students will quickly find themselves in a rewarding new career, making a difference in many lives.

ABES offers all Calgary, Edmonton, and Lethbridge students a chance to advance their career with the Calgary Medical Office Assistant/Unit Clerk course.

When recent graduate Jennifer Francis enrolled in ABES, she did not know her ABES would have such a big impact on her life and new career.

"I started at ABES with no expectations that I would meet a class full of the most amazing, diverse, and supportive group of ladies," says Francis.

"I am so lucky to have been a part of something that has brought me up and helped

me grow as an individual."

Francis says she is proud of the hard work she put into the program and says she could not have done it without the help of the ABES staff.

"I also have to say that the staff here at ABES are there for you 100 per cent," says Francis.

"Encouraging you that everything will be okay, and they are your biggest cheerleaders."

Francis is now working full time as a medical office assistant.

This course is designed to give students the theoretical knowledge and real-world practical skills they need to assist patients and personnel at any type of medical establishment.

Alberta Health Services (AHS) provides ABES with many resources, including a training environment for Sunrise Clinical Management (SCM), a software program used by all patient care units in Calgary hospitals.

Due to ABES's strategy of developing



CONTRIBUTED

programs with the cooperation and input of relevant partners, such as AHS, the health care industry knows that ABES' programs best prepare students for employment.

And thanks to their close work with relevant partners in developing programs,

ABES graduates have an employment rate above 95 per cent, so chances are good graduates will find a unit clerk or medical office assistant position very quickly.

For more information about this program, or ABES, visit abes.ca.

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"I look to embrace everything about this city and definitely embrace winning": P.K. Subban was officially introduced as a Nashville Predator

COURT

Scout sentenced to prison for hacking

A federal judge sentenced the former scouting director of the St. Louis Cardinals to nearly four years in prison Monday for hacking the Houston Astros' player personnel database and email system in an unusual case of high-tech cheating involving two Major League Baseball clubs.

Christopher Correa had pleaded guilty in January to five counts of unauthorized access of a protected computer from 2013 to at least 2014, the same year he was promoted to director of baseball development in St. Louis. He was fired last summer and now faces 46 months behind bars and a court order to pay \$279,038 in restitution. He had faced up to five years in prison on each count. Correa will remain free on bond until he reports to federal prison within about six weeks.

46

Christopher Correa faces 46 months in prison.

Correa read a letter in court before he was sentenced by U.S. District Court Judge Lynn Hughes and he said he was "overwhelmed with remorse and regret for my actions" that cost him his career and his home.

"I violated my values and it was wrong. I behaved shamefully," he said. "The whole episode represents the worst thing I've done in my life by far."

The judge scolded Correa for his continued blaming of the Astros for his actions, saying Correa was acting like he was in middle school.

Hughes did not elaborate on this information — part of a sealed presentencing report — but when he pleaded guilty in January, Correa had maintained he found proprietary Cardinals' information in the Astros' database. THE ASSOCIATED PRESS

NHL

Senators, Rangers trade centremen

The Ottawa Senators are so convinced Derick Brassard will make an immediate impact in their lineup that they gave up a piece of their future to get him.

The Senators traded Mika Zibanejad and a second-round pick in the 2018 NHL draft to the New York Rangers for Brassard and a seventh-round pick in 2018 in a trade announced Monday.

Last season Brassard, a native of nearby Gatineau, Que., led the Rangers with a career-high 27 goals and was second on the team with 58 points.

Brassard, drafted sixth overall by the Columbus Blue Jackets in 2006, has 127 goals and 343



Derick Brassard, left, and Mika Zibanejad GETTY IMAGES

points through 563 games.

Zibanejad, drafted sixth overall in 2011, leaves the Senators with 64 goals and 151 points through 281 games.

Zibanejad posted back-to-back 20-goal seasons, putting up 21 goals and 30 assists last season.

THE ASSOCIATED PRESS

OLYMPICS

Scathing report outlines how samples were tampered with

A scathing report detailing a complex system of widespread, state-sponsored doping in Russia — a scheme that included government officials tampering with hundreds of positive samples — has led the World Anti-Doping Association to call for the country's outright ban at next month's Rio Olympics.

An independent inquiry head-

ed by Canadian lawyer Richard McLaren alleges a plan to make positive tests in some 30 sports "disappear" was in force in Russia at least from late 2011 to August 2015.

While Monday's report makes no recommendations for any discipline against Russia, saying that is not its mandate, the WADA executive board called on the International Olympic Committee to ban all Russian teams from Rio. WADA also wants Russian government officials to be denied access to international competitions, including the upcoming Games.

The IOC executive is to meet via conference call Tuesday to

make that decision, which president Thomas Bach said could include "provisional measures and sanctions with regard to the Olympic Games Rio 2016."

He said in a statement that the report showed "a shocking and unprecedented attack on the integrity of sport," and that it "will not hesitate to take the toughest sanctions available against any individual or organization implicated."

The Russian athletics team is already provisionally banned from the Rio Games based on an earlier WADA investigation, although Russia has launched an appeal.

One instance in which the report claims tests were tampered with revolves around a Moscow drug-testing lab at the centre of a system it called Disappearing Positive Methodology.

Urine samples taken at sports events would be referred to the Russian sports ministry where they would be labelled either "save" or "quarantine." The quarantined samples would go through normal testing and be registered with WADA. The saved ones, most of them showing positive results for banned substances, would be substituted with clean samples.

Of 577 samples, 312 were marked "save." THE CANADIAN PRESS



TOUR DE FRANCE SAGAN WINS SPRINT TO THE FINISH LINE Peter Sagan, second from the right, thrusts his bike across the finish line to win the 16th stage of the Tour de France in a photo finish in Bern, Switzerland, on Monday. Alexander Kristoff, right, was a close second while Chris Froome held on to the yellow jersey entering the second and final rest day. The victory was Sagan's third of the Tour. PETER KLAUNZER/KEystone/THE ASSOCIATED PRESS

Anti-doping officials call for Russian ban

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TREND

Home field more of a hindrance in CFL

Home field continues to be anything but an advantage in the CFL so far this season.

Last week, all four road teams won their games, boosting the visiting squads' record to 12-3-1 this season.

Ottawa (3-0-1) is the CFL's lone unbeaten team with all three of its wins coming on the road. That includes a 30-20 decision Wednesday versus the Toronto Argonauts.

Toronto, Hamilton and B.C. are all 2-0 on the road. However, the Saskatchewan Roughriders, Winnipeg Blue Bombers, Argos



The Stampeders beat the Bombers 36-22 at home in Week 2. THE CANADIAN PRESS

and Ticats are all 0-2 at home.

B.C., Calgary and Edmonton are the lone teams to win home games this season.

THE CANADIAN PRESS

NFL

RB Foster finds new home in Miami

Four-time Pro Bowl running back Arian Foster took a big step Monday in his comeback from a torn Achilles tendon. He found a team.

Foster agreed to terms on a one-year deal with the Miami Dolphins, agent Michael McCartney confirmed on his Twitter account.

Foster, who spent the past seven years with the Houston Texans, was hurt in Game 7 last year against the Dolphins. He paid a free agent visit to



Arian Foster
GETTY IMAGES

the Dolphins in March and accepted an offer after working out for them Monday.

Miami was looking to add depth at running back following the loss of Lamar Miller to the Texans in free agency. Jay Ajayi is expected to start after rushing for 187 yards as a rookie last year.

THE ASSOCIATED PRESS

FOOTBALL IN BRIEF

Cowboys bring back Durant

The Dallas Cowboys signed linebacker Justin Durant to a one-year deal Monday, adding a familiar face to provide some needed depth on defence.

Durant played two seasons for the Cowboys before having 82 tackles in 13 games for Atlanta last year. THE ASSOCIATED PRESS

NFL to test new ball tech

The NFL will test computer chips in footballs this pre-season to determine how well the balls perform, particularly in kicking.

Data collected from the chips also could help with officiating in the future, including goal-line and short-yardage plays.

THE ASSOCIATED PRESS

Off-season of upheaval

NFL

But it remains to be seen if big changes will do big teams good

Peyton Manning is retired. Tom Coughlin is gone. Heck, the Rams no longer are in St. Louis.

Upheaval is the buzzword for the NFL as training camps open. At least until big-name players get big-time injuries, or major holdouts end, or tackling and blocking for real begin, the departures of a likely Hall of Fame player and coach will be front and centre.

Not to mention the first shifting of an NFL franchise since the Oilers moved to Tennessee in 1997.

Manning's retirement doesn't exactly leave a void at the top of the QB ranks with Aaron Rodgers, Tom Brady, Ben Roethlisberger, Cam Newton and, oh yeah, Peyton's little brother Eli still around. It does, however, create a huge chasm to fill in Denver.

With Von Miller's messy contract situation settled, Denver still must deal with the defections of Malik Jackson and Danny Trevathan from the brilliant defence via free agency. So change hasn't exactly been positive for the champion Broncos.

"Nothing's smooth about what we do," coach Gary Kubiak has said. "There's always things happening. But the most important thing is what we do out there on that field and how we get ready to play."

"So, I think we've done a good job of sorting through distractions and various things that are going on with our football team and staying focused on football."



The warm reception we have received from everybody in this community has been unbelievable.

L.A. Rams GM Kevin Demoff

HARRY HOW/GETTY IMAGES

The Giants have a new look on the sideline as the often red-faced Coughlin resigned (before he was forced out) after a dozen seasons. Ben McAdoo steps in for his first top job in the pros.

McAdoo's first challenge is getting the team out of a four-year rut of not making the playoffs. General manager Jerry Reese and team owners spent big in free agency to provide McAdoo with tools for the turnaround.

"We have talented players. It is just a matter of getting the most out of their ability, letting them

make plays and letting everyone step up and do their job," Eli Manning said.

"I think we made a big jump this off-season," linebacker

Devon Kennard adds. "It is a great group of guys that came in through the draft and free agency and jelling with the guys who have already been here."

We'll see.

Other new head coaches are Adam Gase in Miami, Hue Jackson in Cleveland, Doug Pederson in Philadelphia, Dirk Koetter in Tampa, and Chip Kelly in San Francisco. Mike Mularkey has moved from interim to head coach in Tennessee.

Los Angeles, meanwhile, returns to the NFL at the expense of St. Louis, where the Rams previously resided for two decades. The Rams — who left the L.A. area (Anaheim, actually) in 1995 — will call the aging L.A. Coliseum

home until their palace in nearby Inglewood is ready in 2019.

While NFL owners clearly were eager to get back to Hollywood, it remains questionable how enamoured the NFL fans in SoCal will be.

But Rams GM Kevin Demoff doesn't seem concerned.

"This has really been a labour of love over the past five months to get this team up and running in every facet," Demoff told the Ventura County Star. "Our group has been working tirelessly. I must say, the warm reception we have received from everybody in this community has been unbelievable."

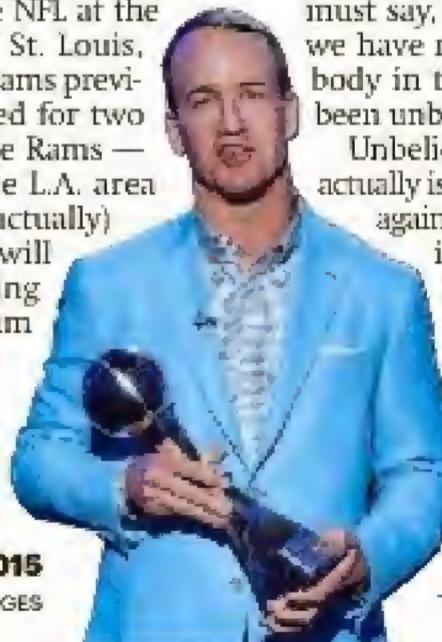
Unbelievably, "Deflategate" actually is over. Tom Brady's on-again, off-again suspension is on for the first four games of the regular season. That means Jimmy Garoppolo

behind centre; seeing anyone but No. 12 quarterbacking the Patriots might be the biggest upheaval of all.

THE ASSOCIATED PRESS



Giants coach Tom Coughlin and Broncos QB Peyton Manning called time on their careers after the 2015 season. GETTY IMAGES



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Strasburg locked in the zone

MLB

Nats pitcher dominating hitters en route to 13-0 record

Watching Stephen Strasburg on the mound in 90-degree heat, Washington Nationals manager Dusty Baker recalled how he heard the right-hander would "wilt" in these situations.

Nothing about Strasburg's outing against the Pittsburgh Pirates on Friday night, or any other opponent this season, has resembled wilting. Strasburg is the first National League starting pitcher to begin a season 13-0 in more than 100 years, a recapturing of the dominance he showed early in his career before Tommy John surgery.

Strasburg has won 16 consecutive decisions dating back to September and during that stretch has struck out 182 batters and walked 37. This season his 2.51 ERA is sixth in the majors, and his command of his pitches is reflected in the numbers.

"In my opinion this has been



Stephen Strasburg's 2.51 ERA this season ranks sixth in the majors. ROB CARR/GETTY IMAGES

the best year I've seen him pitch," catcher Wilson Ramos said through an interpreter. "He's been very effective attacking the zone, keeping the ball down. He's been hitting his spots very well with all his pitches. Usually a starter that attacks the zone like that and doesn't miss his spots very much will usually have success like he's been having."

His attitude is, I think, the biggest difference with the way he's going out there and just being aggressive

Catcher Wilson Ramos

ager Clint Hurdle said. "That's pretty hard to do up here. It's in late July and he hasn't lost a game. Whatever he's doing, he's probably going to continue it."

Strasburg's 13 victories to open a season are tied with teammate Max Scherzer and Ron Guidry as the sixth-longest streak in major-league history and mark the longest in the NL for a starter since Rube Marquard of the New York Giants went 18-0 in 1912.

Asked if this felt like a 13-0 season, the 27-year-old didn't know how to answer.

"The results, I can't control," said Strasburg, who signed a \$175-million, seven-year contract extension in May. "I'm trying to go out there and execute pitches and roll with the highs and lows. It's always going to be that way. You ask any veteran pitcher in the league, there are years where they feel like they really dominated all year and just didn't have the numbers to show for it and there are other years where they feel like they really didn't pitch to the level they expected and they had all the numbers to show for it."

THE ASSOCIATED PRESS

IN BRIEF

Twins give GM pink slip

The Minnesota Twins fired general manager Terry Ryan on Monday, with the team holding the worst record in the American League and on pace to lose 100 games this season.

The Twins entered the day 33-58, 21 games out of first place in the AL Central. Only Atlanta (32-60) had a worse record in the majors.

Rob Antony will take over on an interim basis.

THE ASSOCIATED PRESS

Yanks keep O's grounded

Alex Rodriguez hit his 696th career homer, Ivan Nova grinded through six innings and the Yankees' bullpen trio closed up shop for the second straight game to help New York beat the Baltimore Orioles 2-1 on Monday night.

Nova (7-5) loaded the bases in the first inning and needed 60 pitches to get through three but allowed just a solo homer to Jonathan Schoop. He handed a 2-1 lead over to New York's bullpen troika of Dellin Betances, Andrew Miller and Aroldis Chapman.

THE ASSOCIATED PRESS

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Anthony Rizzo belts a three-run home run off the Mets' Steven Matz on Monday. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Rizzo's 22nd dinger powers Cubs past

Anthony Rizzo hit a three-run homer, Jon Lester pitched 7-2/3 innings and the Chicago Cubs stopped an eight-game losing streak against the New York Mets with a 5-1 victory on Monday night in a rematch of last year's NL Championship Series.

With one out and two on in the third inning, Rizzo fouled off five straight 2-2 pitches from Steven Matz before driving a change-up deep into the right-centre bleachers for his 22nd homer.

The crowd of 41,353 cheered wildly as Rizzo rounded the bases on a picturesque night

MONDAY In Chicago

5
CUBS

1
METS

at Wrigley Field.

Lester (10-4) allowed one run — Wilmer Flores' leadoff homer in the seventh — and four hits in his first win in a month. David Ross added a sacrifice fly in the sixth, and Albert Almora Jr. singled in Matt Szczur in the eighth.

THE ASSOCIATED PRESS

RECIPE Easy Shrimp Tacos

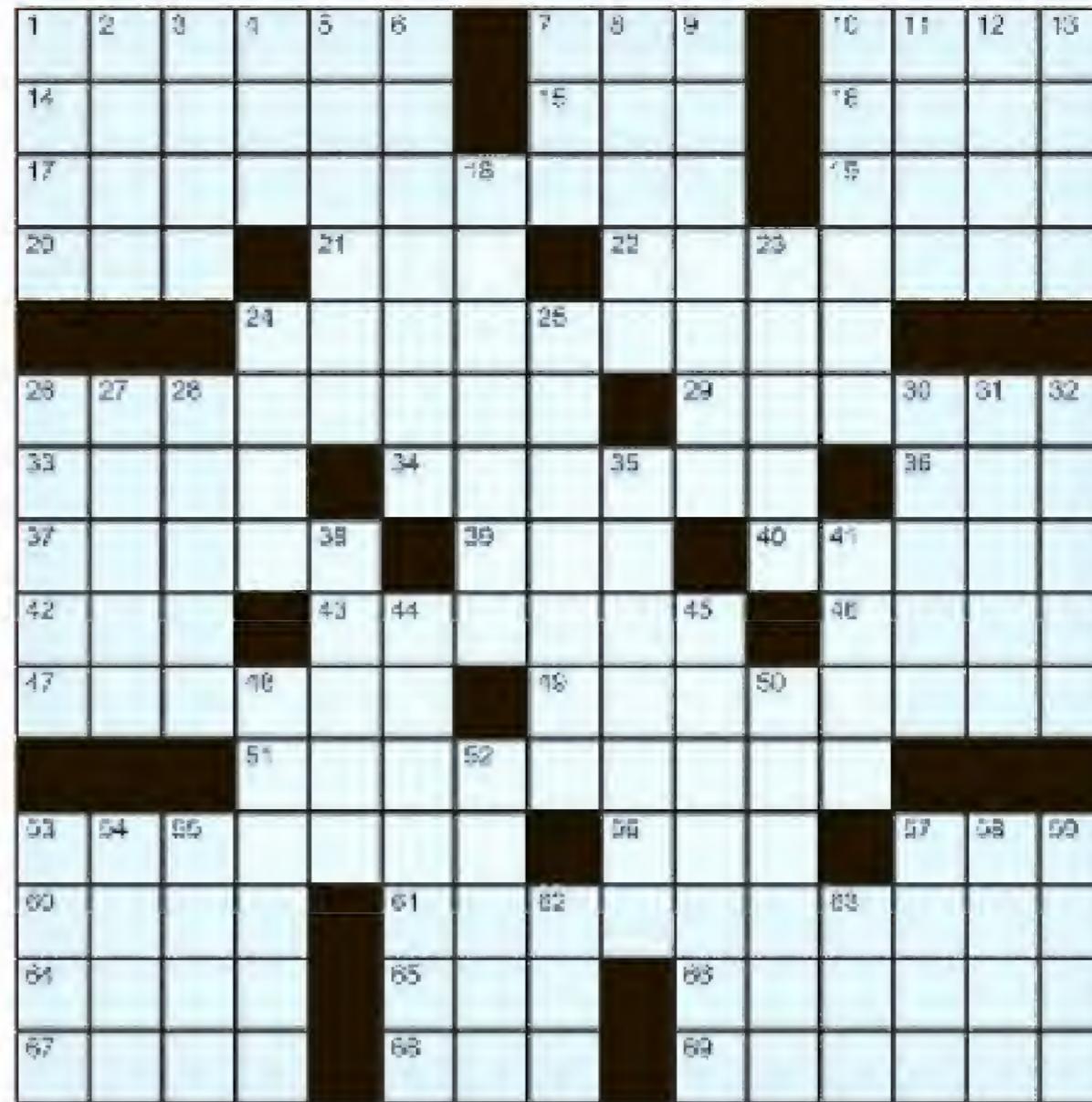


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BY KELLY ANN BUCHANAN

ACROSS

- Fortify food
- Egyptian ___ (Cat breed)
- RBI, e.g.
- German author of *The Sorrows of Young Werther*
- Dada artist Jean
- "Enid" songwriters, ___ Robertson
- Ancient-style sandals
- Doorway sign
- Roman sun deity
- ___-washed jeans
- Niagara-on-the-Lake export: 2 wds.
- Canadian fashion label launched in 2014: 3 wds.
- Carmen aria
- Ground-to-roof contraption
- Macy Gray hit: 2 wds.
- Sounds
- Fruity beverage
- "Good ___" - Charlie Brown
- 'Motor' suffix
- RCMP ride
- Mr. Bellows, Canadian star
- Rik ___ Toronto-born member of "Lay It on the Line" band Triumph
- 25th spelled-out letters
- 1892 Montreal-founded tea
- Canadian painter, Jean Paul ___ (b.1923 - d.2002)
- Menu item: 2 wds.
- Uniquely-titled 1995 adventure movie star-



ring Robin Williams
56. CFL feats
57. Queen guitarist Brian
60. 1967: "Get ___" by The Esquires
51. Menu item: 2 wds.
53. Uniquely-titled 1995 adventure movie star-

65. "Evita" (1996) role
66. Render a rant: 2 wds.
67. 1990s nu-metal band
68. "The War of the Roses" (1989) leading lady ...her initials-sharers

69. Beau and Jeff's dad, and namesakes
70. ___ Is Enough"

5. Contribute: 2 wds.
6. Boost/uplift
7. Psychedelic jacket
8. Antiperspirant brand
9. High-end
10. Released the volcanic lava
11. Andy Kauf-

- man sitcom
- Opposin'
- Head: French
- The ___ Capital of British Columbia (Nickname for Victoria)
- Internet money
- Showbiz star Danny
- Hammer-with-prop workers
- Boson: 'The God Particle'
- Glass-ceiling lobbies
- ___ Building (NYC's songwriting landmark)
- Ms. Hannah
- Bygone car named after Henry Ford's son
- Ms. Wither-spoon
- Satisfy with sustenance
- Placed, as paper to the shredder: 2 wds.
- Needed to pay back
- Canadian brand of 'Premium Apple Lager': 2 wds.
- Revealed everything: 2 wds.
- Neal ___ (Tidy)
- Delicate water-colour
- " ___ Is Enough"
- Athlete, in slang
- Reverse
- Alaska's famous Glacier
- Jesus' mom
- During
- Sures, informally
- judicata (Settled court matter)
- 60s lettered car

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For Metro Canada

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Prep time: 30 minutes
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Serves: 4

Ingredients

- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

- Peel and devein shrimp and

rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.

2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.

3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you see pink around the edges. Flip them over and cook for a couple minutes until shrimp are pink and opaque. Repeat with second batch.

4. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on table and let people build their own tacos.

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*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20

This is a tricky day indeed. Be very careful about your relationships with authority figures — bosses, parents, teachers, VIPs and the police. Be courteous. (Don't quit your day job.)

Taurus April 21 - May 20

Avoid controversial subjects like politics, religion and racial issues today. Meanwhile, expect travel plans to be canceled, changed or rescheduled.

Gemini May 22 - June 21

Double-check your bank accounts and expect sudden changes or errors in matters related to inheritances, shared property, insurance issues and debt. Nothing is reliable today.

Cancer June 22 - July 23

Today the only Full Moon opposite your sign all year is taking place. This is just one reason you might be at sixes and sevens when dealing with partners and close friends. Patience.

Leo July 24 - Aug. 23

Matters at work will not go smoothly today, which means you have to be patient with co-workers. Avoid power struggles; just go with the flow.

Virgo Aug. 24 - Sept. 23

This is an accident-prone day for your children or children you work with. Therefore, you must be vigilant. (Romantic partners must be patient with each other as well.)

Libra Sept. 24 - Oct. 23

Your home routine will be interrupted today. Do what you can to avoid domestic arguments. Small appliances might break down. Expect the unexpected.

Scorpio Oct. 24 - Nov. 22

This is an accident-prone day for your sign, so pay attention to everything you say and do. Be careful and think before you speak.

Sagittarius Nov. 23 - Dec. 21

Financial matters are unpredictable today. You might find money; you might lose money. If shopping, count your change, save your receipts and check your bill.

Capricorn Dec. 22 - Jan. 20

Today the only Full Moon all year that is in your sign is happening. This can make relations with partners and close friends upsetting and too emotional. Easy does it.

Aquarius Jan. 21 - Feb. 19

Expect changes at work and in your daily routine. Even your health might cause you concern. (Things will be more normal in 48 hours.)

Pisces

Feb. 20 - March 20
A friend might shock you or do something unexpected today. Alternatively, you might meet someone who is a real character. Be careful dealing with others today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	6	7	9	1
3				4
9	2	1	6	
1				5
2	8	5	3	
6				1
3				9
4	5	6	8	

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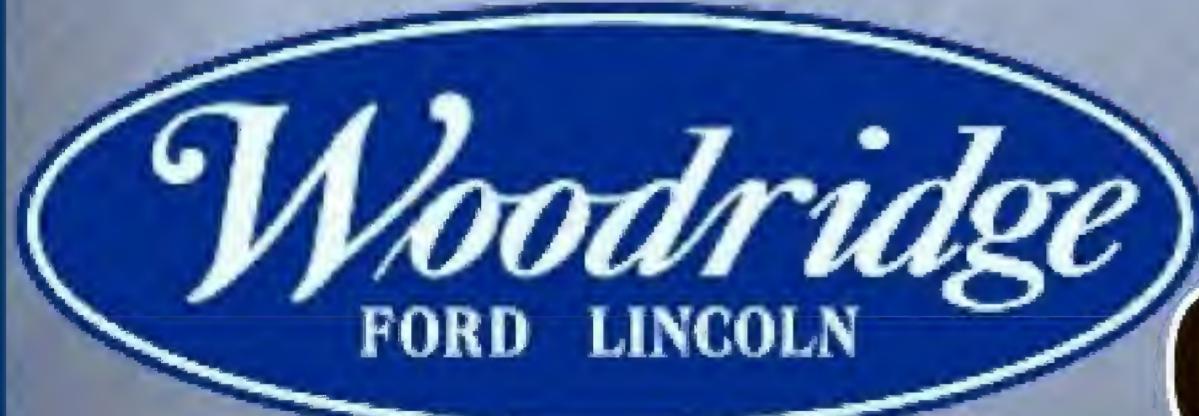
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